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**PRESTO®**



*Super Six™*  
**PRESSURE  
COOKER**  
*and canner*

**Instructions and Recipes**

# INSTRUCTIONS AND RECIPES

**PRESTO®**

*Super Six™*

**PRESSURE COOKER**  
*and canner*

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Cookers in need of service may be returned along with a note explaining the problem to our Factory Service Department at the following address:

CANTON SALES AND STORAGE COMPANY  
Presto Factory Service Department  
555 Matthews Drive, Canton, MS 39046-0529

In California, cookers may be delivered to your nearest Presto Authorized Service Station. California residents seeking warranty or service information may call or write: California Electric Service, Inc., 1143 E. 12th Street, Oakland, CA 94606, phone 510-834-8563.

### PRESTO® Limited Warranty

This quality PRESTO® appliance is designed and built to provide many years of satisfactory performance under normal household use. Presto pledges to the original owner that should there be any defects in material or workmanship during the first two years after purchase, we will repair or replace it at our option. Our pledge does not apply to damage caused by shipping. To obtain service under the warranty, return this PRESTO® product, shipping prepaid to the Factory Service Department. California residents may deliver this PRESTO® product to their nearest PRESTO® Authorized Service Station. When returning a product, please include a description of the defect and indicate the date the appliance was purchased.

We want you to obtain maximum enjoyment from using this PRESTO® appliance and ask that you read and follow the instructions enclosed. Failure to follow instructions, damage caused by improper replacement parts, abuse or misuse will void this pledge. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. This is Presto's personal pledge to you and is being made in place of all other express warranties.

NATIONAL PRESTO INDUSTRIES, INC.  
Eau Claire, Wisconsin 54703-3703

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## REPLACEMENT PARTS

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PRESTO® cooker parts are available at Presto Authorized Service Stations, most hardware, appliance and department stores. However, if you are unable to obtain parts locally, you may order them from:

NATIONAL PRESTO INDUSTRIES, INC.

Consumer Service Department

3925 North Hastings Way, Eau Claire, Wisconsin 54703-3703

715-839-2209

When ordering parts, please specify the model number found stamped on the bottom of the cooker body.

Genuine PRESTO® replacement parts are manufactured to the same exacting quality standards as PRESTO® cookers and are engineered specifically to function properly with its cookers. Presto can only guarantee the quality and performance of genuine PRESTO® parts. "Look-alikes" might not be of the same quality or function in the same manner. To ensure that you are buying genuine PRESTO® replacement parts, look for the PRESTO® trademark.

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## SERVICE INFORMATION

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If you have any questions regarding the operation of your Presto® appliance, **call our Consumer Service Department** weekdays between 8:00 AM and 4:30 PM (Central Time) at 715-839-2209 or write:


NATIONAL PRESTO INDUSTRIES, INC.

Consumer Service Department

3925 North Hastings Way, Eau Claire, Wisconsin 54703-3703

Inquiries will be answered promptly by telephone or letter. When writing, please include a phone number and a time when you can be reached during weekdays if possible.

Any maintenance required for this cooker, other than normal household care and cleaning should be performed by a factory-trained technician.

This is a  Listed appliance. The following Important Safeguards are recommended by most portable appliance manufacturers.

## IMPORTANT SAFEGUARDS

To reduce the risk of personal injury or property damage, basic safety precautions should always be followed, including the following:

1. Read all instructions. Improper use may result in bodily injury or property damage.
2. Always check the vent pipe before use. Hold cover up to light and look through vent pipe to be certain it is clear.
3. Always check the air vent/cover lock to be sure it moves freely before use.
4. Do not fill pressure cooker over  $\frac{2}{3}$  full. For soup, rice and dried vegetables which expand during cooking, do not fill cooker over  $\frac{1}{2}$  full. See food preparation instructions.
5. Do not pressure cook applesauce, cranberries, rhubarb, pearl barley, oatmeal or other cereals, split peas, soup mixes containing dried vegetables or foods such as noodles, macaroni or spaghetti. These foods tend to foam, froth and sputter and may block the vent pipe and air vent/cover lock.
6. This appliance cooks under pressure. Improper use may result in scalding injury. Make certain pressure cooker is properly closed before operating, cover handle must be directly above the body handle. See "How To Use Instructions."
7. Do not place the pressure cooker or attempt to pressure cook in a heated oven.
8. Extreme caution must be used when moving a pressure cooker containing hot liquids. Do not touch hot surfaces. Use handles or knobs.
9. Do not open cooker until internal pressure has been completely reduced, air vent/cover lock has dropped and no steam escapes when the pressure regulator is removed. See "How To Use Instructions."
10. **Caution:** To ensure safe operation and satisfactory performance, replace the overpressure plug every time you replace the sealing ring or sooner if it becomes hard or deformed.
11. Close supervision is necessary when the pressure cooker is used near children. It is not recommended that children use the pressure cooker.
12. Do not use pressure cooker for other than intended use.
13. Do not use this pressure cooker for pressure frying with oil.

## SAVE THESE INSTRUCTIONS

This product is for household use only.

# INTRODUCTION

Welcome to the world of pressure cooking. With your new Presto® Pressure Cooker, you'll discover how fast and easy it is to prepare a wide variety of delicious foods — especially foods that emphasize good health and nutrition along with good taste.

The pressure cooker is perfect for the way we live and eat today. It's ideal for preparing many of the lighter foods that help keep us healthy and fit. It preserves flavors and nutrients, tenderizes leaner cuts of meat and, best of all, it cooks foods three to ten times faster than ordinary cooking methods. And, it's even possible to cook several foods in the pressure cooker at the same time without the flavors intermingling.

To make it easier for you to plan healthy and nutritious meals, many of the recipes in this book have been specifically selected to be low in calories and cholesterol. We have also included some traditional family favorites that are especially well suited to the many advantages of pressure cooking. For quick identification of these recipes, simply look for the following symbols:

- \* Low Calorie Recipe
- ♥ Lower Cholesterol Recipe
- ★ Family Favorite Recipe

Recipes with the low calorie symbol have 300 calories or less per serving.

Recipes with the low cholesterol symbol have less than 80 milligrams of cholesterol per serving. Of the 80 milligrams, 30% or less of the calories are from fat.

To help get started with your new pressure cooker, be sure to read the "Getting Acquainted" section beginning on the next page.

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# PROCESSING TIME CHART

Processing times at 15 pounds pressure, as given in this chart apply only to altitudes up to 3,000 feet. Do not use a SuperSix™ pressure cooker and canner at altitudes above 3,000 feet. Processing times are for ½ pint and pint jars.

Use 7 cups water in cooker for processing.

| FOOD                        | MINUTES |
|-----------------------------|---------|
| Lamb .....                  | 60      |
| Veal .....                  | 60      |
| Poultry (with bone) .....   | 40      |
| Game meat .....             | 60      |
| Game fowl (with bone) ..... | 40      |
| Clams (Littleneck) .....    | 35      |
| Crab meat .....             | 35      |
| Fish .....                  | 90      |
| Lobster* .....              | 45      |
| Salmon .....                | 90      |
| Shrimp .....                | 30      |

\*Use only ½ pint Mason jars.

# GETTING ACQUAINTED

Your pressure cooker is like a saucepan with a very special cover that locks in place. Air is automatically exhausted and steam is sealed inside creating pressure within the unit. Under pressure, internal temperatures in the cooker are raised above the normal boiling point of water, causing foods to cook faster. At 15 lbs. pressure, a temperature of 250° F. (or 121° C.) is reached inside the pressure cooker. This higher temperature speeds cooking and the moist steam atmosphere tenderizes meats naturally.

It is important to become familiar with the various parts and features of the pressure cooker (Fig. A) and read the "How To Use" section beginning on page 6 before using the unit for the first time. Here are some of the key parts of the pressure cooker:

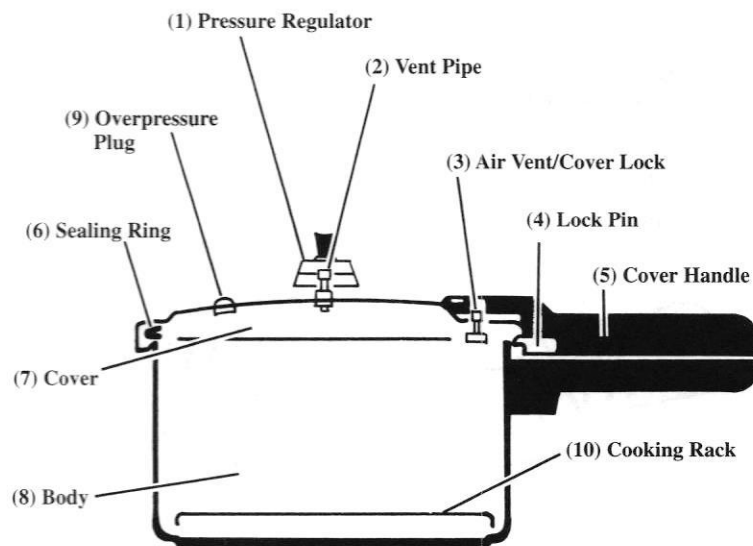


Fig. A

The **PRESSURE REGULATOR** (1) fits onto the **VENT PIPE** (2) to indicate when 15 lbs. pressure is reached and controls pressure inside the unit. A gentle rocking motion of the pressure regulator indicates that proper cooking pressure (15 lbs.) is being maintained.

The **AIR VENT/COVER LOCK** (3) automatically exhausts air from the pressure cooker as you begin heating the unit. When pressure begins to build, it slides up, causing the **LOCK PIN** (4) to lock the cover on. The top of the air vent/cover lock can be seen through a hole in the **COVER HANDLE** (5), so you can tell at a glance if there is pressure inside the unit. If there is pressure in the cooker, the air vent/cover lock will be in the up position. (It will be flush with the cover handle.) If there is no pressure in the unit, the air vent/cover lock will be in the down position (Fig. B).

Air Vent/Cover  
Lock in UP Position.  
Pressure in Unit.

Air Vent/Cover Lock  
in DOWN Position.  
No Pressure in Unit.

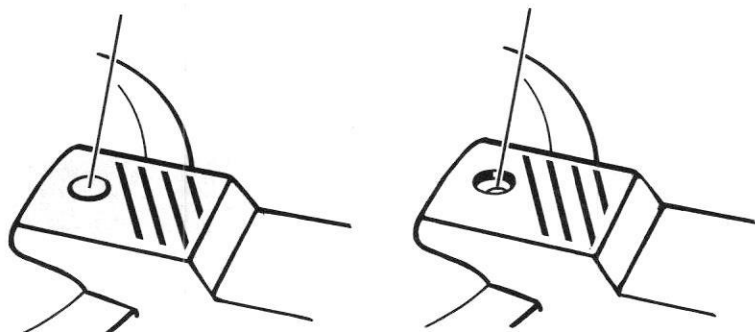


Fig. B

## PROCESSING TIME CHART

Processing times at 15 pounds pressure, as given in this chart apply only to altitudes up to 3,000 feet. Do not use a SuperSix™ pressure cooker and canner at altitudes above 3,000 feet. Processing times are for ½ pint and pint jars.

Use 7 cups water in cooker for processing.

| FOOD                   | MINUTES |
|------------------------|---------|
| Fruits                 | 0       |
| Asparagus              | 25      |
| Beans, lima            | 40      |
| Beans, snap            | 25      |
| Beets, whole or sliced | 25      |
| Carrots                | 25      |
| Corn, whole kernel     | 60      |
| Greens, all kinds      | 45      |
| Mushrooms              | 30      |
| Okra                   | 25      |
| Okra & Tomatoes        | 25      |
| Peas, green            | 40      |
| Peas, black-eyed       | 40      |
| Potatoes, new-whole    | 30      |
| Squash, cubed          | 30      |
| Sweet potatoes         | 60      |
| Tomatoes               | 0       |
| Beef                   | 60      |
| Pork                   | 60      |

### SYRUPS FOR CANNING FRUITS

| SYRUP  | SUGAR | LIQUID |
|--------|-------|--------|
| Thin   | 1 cup | 3 cups |
| Medium | 1 cup | 2 cups |
| Heavy  | 1 cup | 1 cup  |

Heat sugar with water or juice until sugar is dissolved. Add fruit and cook until heated through. Pack fruit into clean jars to within 1 inch of top of jar. Cover with hot liquid leaving  $\frac{1}{2}$  inch head space. The liquid may be syrup, fruit juice or plain water.

If preferred, fruit, except apples, cranberries, figs and strawberries may be packed raw into containers and covered with boiling hot syrup. When this is done, processing time need not be increased. When fruit is packed cold, it shrinks during processing, and the container is less full than when fruit is preheated in boiling syrup before packing.

Pack tomatoes into clean jars to within  $\frac{1}{2}$  inch of top of jar, press down to release juice and fill spaces. Add  $\frac{1}{2}$  teaspoon canning salt to each pint jar (1 teaspoon salt to each quart) if desired.

Adjust caps according to closure manufacturer's instructions. Follow the "How To Use" directions beginning on page 6. Place boiling water, cooking-canning rack (inverted) and jars in Cooker-Canner. Close cover securely. Exhaust air from the Cooker-Canner and jars by adjusting heat to a relatively high setting to obtain a free flow of steam from the vent pipe. Place pressure regulator on vent pipe. Continue heating until 15 pounds pressure is reached.

Process fruits and tomatoes according to chart on page 69. When pressure is completely reduced, remove pressure regulator. Allow Cooker-Canner to stand approximately 10 minutes, then remove cover and jars.

The **SEALING RING** (6) fits around the inside rim of the cover (see Fig. C) and forms a pressure tight seal between the **COVER** (7) and the **BODY** (8) of the pressure cooker. Steam is automatically released by the **OVERPRESSURE PLUG** (9) if the vent pipe becomes clogged and excess pressure cannot be released normally. This is a safety device and you should check its condition periodically (see page 16, step 9).

For steaming foods, the **COOKING RACK** (10) can be placed in the bottom of the pressure cooker. It will hold foods, such as vegetables, out of the cooking liquid. Because flavors will not intermingle when foods are pressure cooked out of the cooking liquid, it allows several different foods to be cooked at the same time. When it is desirable to blend flavors, do not use the cooking rack.

**Before using your pressure cooker for the first time**, remove the sealing ring by simply pulling it out of the inside rim of the cover. Wash ring, cover, body and cooking rack in hot, sudsy water. Rinse with warm water and dry. Then, replace the sealing ring, being careful to fit it under the stop tab (Fig. C) and the lock pin (Fig. D) which are located on the inside rim of the cover.

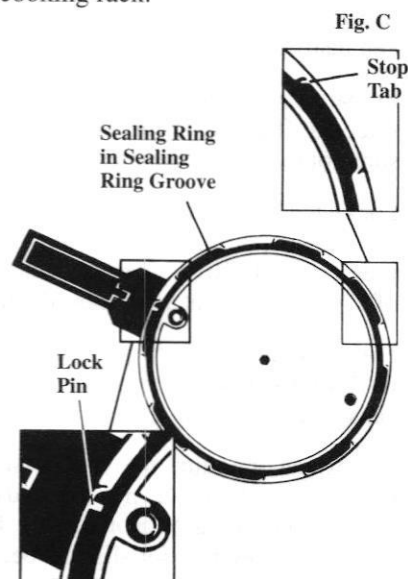


Fig. D

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## HOW TO USE

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Now that you are familiar with the various parts of the pressure cooker, it is important to read the following general information about pressure cooking and the specific step-by-step instructions before you begin to cook.

Because pressure cooking is a moist heat cooking method, it always requires a cooking liquid. Some of this liquid is changed into steam to create pressure within the unit. This liquid is usually water. However, some recipes will call for other liquids, such as wine, which will contribute a unique flavor to the finished dish. Very little moisture is lost during the pressure cooking process. Therefore, only about 1 cup more liquid than is desired in the finished dish is needed.

To assure the very best results every time, carefully follow these step-by-step instructions for pressure cooking:

1. Prepare food according to the directions in the recipe you have selected. If desired, you may increase the ingredients by  $\frac{1}{2}$ . Be sure not to overfill the pressure cooker (see page 11).
2. For vegetables, soups and desserts, skip to step 5. Recipes for most meats and poultry will call for browning before you begin to pressure cook. To do so, preheat the pressure cooker with the cover off. A medium heat setting is adequate on most range burners.
3. Place cooking oil in the pressure cooker as specified in the recipe. CAUTION: Pouring cooking oil into any overheated pan could cause the oil to flare up.
4. Place meat or poultry into the pressure cooker and sear thoroughly on all sides until it is deep brown and crisp. Lower heat, if necessary, to prevent burning. Season to taste. Remove pressure cooker from heat and allow to cool slightly before adding liquid to pressure cooker.

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## CANNING FRUITS AND TOMATOES

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Foods high in acidity, fruits and tomatoes, may be canned in a Pressure Cooker-Canner. The pressure processing method for fruits and tomatoes gives a heat treatment equivalent to the much longer processing in a boiling water bath canner.

Select firm, fully-ripened but not soft fruit or tomatoes. Do not can overripe tomatoes. Wash, peel, core, or remove pits if necessary. To loosen skins of peaches, apricots and tomatoes, blanch for one-half minute in boiling water. Dip into cold water and peel. Cherries and plums are usually canned whole. Prick the skins with a fork to prevent them from breaking during processing. Leave fruit whole or cut as desired (halves, slices, chunks).

Some fruits tend to darken while they are being prepared. To prevent the darkening, place fruit in a mild salt solution ( $1\frac{1}{2}$  teaspoons salt to 1 quart water) or use ascorbic acid or citric acid mixtures according to manufacturer's instructions.

Although fruit has better color, shape and flavor when it is canned with sugar, it may be canned unsweetened if desired. Sugar is used for flavor. It is not used in high enough concentration to act as a preservative.

White sugar is preferable to brown sugar for canning. Honey may be used to replace up to one-half the sugar. Corn syrup may be used to replace up to one-third the amount of sugar. If you wish to use sugar substitutes, follow manufacturer's instructions.

The amount of sugar desirable to use in preparing syrups will depend upon the tartness of the fruit and on family preference. It should be remembered that fruit, when heated, releases some of its juices which will dilute the syrup in proportion to the juiciness of the fruit.



## SHRIMP

Shrimp should be canned when absolutely fresh as they deteriorate quickly. Wash shrimp thoroughly, peel and wash again. Cover with cold brine,  $\frac{1}{2}$  cup salt to 1 quart water, for 20 to 30 minutes depending on size. Drain. Place on canning rack and cook 6 to 8 minutes in boiling brine, proportions as above. Dry and cool shrimp. Pack loosely in clean, hot Mason jars leaving 1 inch head space. Fill containers with boiling brine,  $1\frac{1}{2}$  tablespoons salt to 1 quart water, leaving 1 inch head space. Adjust jar lids.

Process according to chart on page 70.

5. Pour liquid into the pressure cooker, as specified in the recipe or cooking chart.

a. **For vegetables, soups and desserts**, place the cooking rack, if needed, into the cooker and then add the food. Cook foods together that require the same amount of cooking time. Seasoning may be added before or after cooking. You may find that you add less seasonings to pressure cooked foods since they retain their natural flavors.

b. **For foods that have been browned**, place the cover on quickly to prevent the loss of liquid through evaporation.

**IMPORTANT:** Always look through the vent pipe to make certain that it is clear before closing the cover (Fig. E).

6. To close the cover, hold the body handle with your left hand and place the cover on with your right hand (Fig. F). Align the "V" mark on the cover with the center of the body handle. Move the cover handle slightly until the cover drops into position.

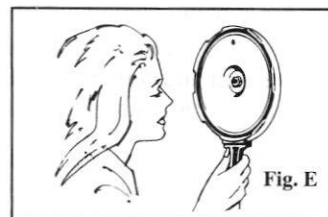


Fig. E

Close the cover securely by rotating it clockwise until the cover handle lines up with the body handle. **The pressure cooker is completely closed when the cover handle is directly above the body handle (Fig. G).** Do not try

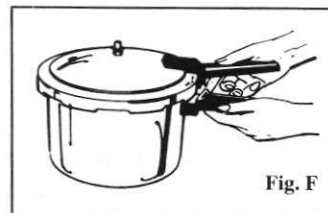


Fig. F

to rotate it beyond this point.

7. Place the pressure regulator on the vent pipe (Fig. H).
8. Heat the pressure cooker until the pressure regulator attains a gentle rocking motion. A medium to high heat setting is best on most range burners.

NOTE: The air vent/cover lock may move up and down a few times when cooking first begins. Steam will be noticeable. This is normal. Air is being vented out of the

cooker. Once the cooker has sealed, the air vent/cover lock will raise up and remain in the up position until pressure is released. The overpressure plug will also raise and seal.

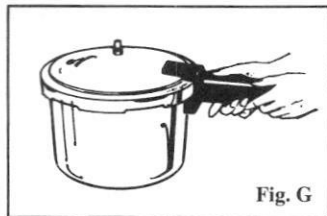


Fig. G

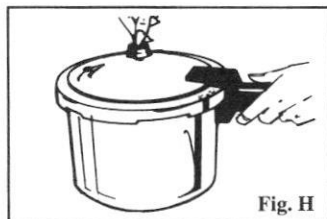


Fig. H

9. Cooking time begins when the pressure regulator begins to rock gently. Gradually lower the heat as necessary to maintain a slow, steady rocking motion and cook for the length of time indicated in the recipe or cooking chart. If the pressure regulator is allowed to rock vigorously, excess steam will escape. Therefore, more liquid will be evaporated and food may scorch. When cooking time is complete, turn off a gas burner or remove the pressure cooker from an electric burner.
10. Reduce pressure according to the recipe or cooking chart instructions. If the instructions say "Let the pressure drop of its own accord," set the pressure cooker aside to cool until pressure is completely reduced. If the instructions state, "Cool cooker at once,"

## FISH - General Method

Cod, Mackerel, Herring, Lake Trout, Whitefish, Mullet. Clean fish thoroughly, filet large fish or leave small pan fish whole. Cut into container length pieces and soak in brine, 1 cup salt to 1 gallon water for 60 minutes. Drain. Pack with skin side of fish to the outside of the Mason jar. Leave  $\frac{1}{2}$  inch head space. Then submerge open jar in a kettle containing hot brine,  $\frac{1}{2}$  cup salt to 1 gallon of water, and boil 20 minutes. Remove, invert and drain thoroughly. Add a bay leaf and a slice of onion to each jar, if desired. Adjust jar lids.

Process according to chart on page 70.

## LOBSTER

Plunge live lobsters in boiling, salted water, 2 tablespoons salt to 1 gallon water. Cook 15 to 30 minutes depending on size. Remove and dip in cold lightly salted water. Remove meat and wash quickly. Drain. Dip meat in solution of  $\frac{1}{2}$  cup vinegar to 2 quarts water. Drain and remove all excess moisture. Pack in clean, hot Mason jars, leaving  $\frac{1}{2}$  inch head space. Cover with hot brine,  $1\frac{1}{2}$  tablespoons salt to 2 quarts water. Adjust jar lids.

Process according to chart on page 70.

## SALMON

Clean and wash fish thoroughly. Cut into container length pieces, leaving in backbone. Soak in brine,  $\frac{1}{2}$  lb. salt to 1 gallon water, for 60 minutes. Drain well. Pack solidly in Mason jars leaving  $\frac{1}{2}$  inch head space. Adjust jar lids.

Process according to chart on page 70.

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# CANNING FISH AND SEAFOOD

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Only fresh fish should be canned and these should be bled and thoroughly cleaned of all viscera and membranes when caught, or as soon as possible. Canning should be restricted to proven varieties where it is definitely known that a product of good quality may be obtained.

## CLAMS, Whole (Littleneck)

Scrub clams and soak over night in 10% brine. Open clams and wash in salted water using 1 tablespoon salt for each quart of water. Cover clam meat with boiling water, to which  $\frac{1}{8}$  teaspoon citric acid crystals have been added to each quart of water. Allow to stand 1 minute. Pack loosely into clean, hot Mason jars, leaving 1 inch head space. Cover with hot concentrated clam juice to  $\frac{1}{4}$  inch from top. Adjust caps according to closure manufacturer's instructions.

Process according to chart on page 70.

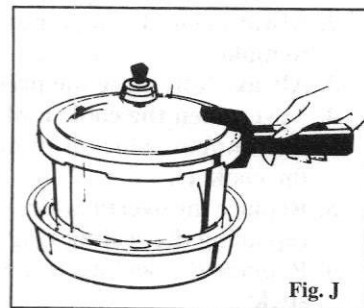
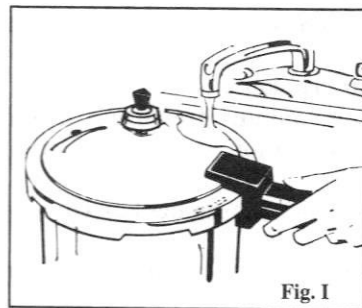
## CRAB

Place crabs in ice water 1 to 2 minutes. Separate claws from body, remove waste portions and wash thoroughly. Place bodies and claws with 2 cups water in Cooker-Canner, and cook 5 minutes at 15 lbs. pressure. Cool Cooker-Canner at once. Remove meat from shells. Wash thoroughly in salted water using  $\frac{1}{2}$  cup salt to 2 quarts water. Drain and dip in solution of  $\frac{1}{2}$  cup vinegar to 2 quarts water. Drain and remove all excess moisture. Pack loosely into clean, hot Mason jars, leaving 1 inch head space. Add  $\frac{1}{2}$  teaspoon salt and cover with boiling water. Adjust caps according to closure manufacturer's instructions.

Process according to chart on page 70.

cool the pressure cooker under a running water faucet (Fig. I), pour cold water over it, or place it in a pan of cold water (Fig. J) until pressure is completely reduced. **Pressure is completely reduced when the air vent/cover lock has dropped.**

If the air vent/cover lock remains in its raised position, there may still be pressure inside the pressure cooker. Continue to cool until the air vent/cover lock drops.



11. After pressure has been completely reduced, remove the pressure regulator. **Always remove the pressure regulator before opening the cover.**
12. To open the cover, turn it counterclockwise until the center of the body handle aligns with the "V" on the cover. Then, lift the cover toward you to keep any steam away from you. If the cover turns hard, there still may be some pressure in the unit. **Do not force the cover off.** Continue to cool the pressure cooker until the cover turns easily.
13. Food is ready to serve.

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## IMPORTANT SAFETY INFORMATION

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Cooking under pressure enables you to prepare food both quickly and deliciously. If used properly, your pressure cooker is one of the safest appliances in your kitchen. To insure safe operation, make sure you always observe the following simple rules whenever you use the pressure cooker:

1. **Never overfill the pressure cooker.**
2. **Always look through the vent pipe before closing the cooker to make sure it is clear.**
3. **Always fully close the pressure cooker.**
4. **Never open the cooker when it contains pressure (when the air vent/cover lock is in the up position, there is pressure in the cooker).**
5. **Replace the overpressure plug when it becomes hard or when replacing the sealing ring.**
6. **Replace the sealing ring when it becomes hard or soft and sticky.**

So that you understand the importance of these instructions, we would like to acquaint you with the reasons for them:

1. **Never overfill the pressure cooker.** – The pressure regulator is designed to maintain cooking pressures at a safe level. It relieves excess pressure through the vent pipe as it rocks back and forth. The overpressure plug is a secondary pressure relief valve which is designed to release excess pressure if something interferes with the pressure regulator's operation. Neither can perform their function if they are plugged or blocked. Plugging or blocking can occur if the cooker is overfilled. Many foods tend to expand when cooked. If the cooker is overfilled, expansion of food may prevent the pressure relief devices from functioning. Therefore, never fill the pressure cooker over  $\frac{2}{3}$  full.

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## CANNING MEAT AND POULTRY

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Cut meat or poultry into pieces convenient for canning. Precook meat until red color changes to light brown. Precook poultry until medium done. Precooking can be done by either boiling, frying, or roasting.

To precook by boiling, make a concentrated broth from bones and meat or poultry trimmings. Heat to boiling and precook meat or poultry in broth.

Meat should not be browned with flour, nor should flour be used in the gravy of meat used for canning. It is desirable to use a little liquid or broth with hot packed meats.

Pack hot meat or poultry into clean jars leaving one inch head space. Do not pack tightly. Canning salt may be added,  $\frac{1}{2}$  teaspoon for each pint, or it may be added at serving time. Cover with hot liquid, broth, meat juice or water. It is important to leave one inch head space.

Adjust caps according to closure manufacturer's instructions. Follow the "How To Use" directions beginning on page 6. Place boiling water, cooking-canning rack (inverted) and jars in Cooker-Canner. Close cover securely. Exhaust air from the Cooker-Canner and jars by adjusting heat to a relatively high setting to obtain a free flow of steam from the vent pipe. Allow steam to flow for 5 minutes.

Place pressure regulator on vent pipe. Continue heating until 15 pounds pressure is reached.

Process meat and poultry according to charts on pages 69 and 70.



cooking-canning rack (inverted) and jars in Cooker-Canner. Close cover securely. Exhaust air from the Cooker-Canner and jars by adjusting heat to a relatively high setting to obtain a free flow of steam from the vent pipe. Allow steam to flow for 5 minutes.

Place pressure regulator on vent pipe. Continue heating until 15 pounds pressure is reached.

Process vegetables according to chart on page 69.

For most foods, it is safe to fill the pressure cooker up to  $\frac{2}{3}$  full. There are a few foods like rice, dried vegetables and soups which expand so much when cooking that the cooker should never be more than  $\frac{1}{2}$  full. Also, dried vegetables must be presoaked (see page 50). And rice must be cooked in a bowl (see page 52). There are some foods that expand so much as a result of foaming, frothing, and sputtering that you should never pressure cook them.

**Never pressure cook applesauce, cranberries, rhubarb, split peas, pearl barley, oatmeal, dried soup mixes, or other cereals and pastas including macaroni, spaghetti and noodles.**

For your convenience, both the  $\frac{2}{3}$  and  $\frac{1}{2}$  full levels are marked by indentations on the side of the pressure cooker body. The upper marking indicates the  $\frac{2}{3}$  full level and the lower the  $\frac{1}{2}$  full level. In addition, in each section of the recipes you will find instructions on the maximum fill level for each type of food.

When cooking any food - liquid, solid or irregular shaped - do not let any portion extend above the maximum fill mark (see Fig. K).

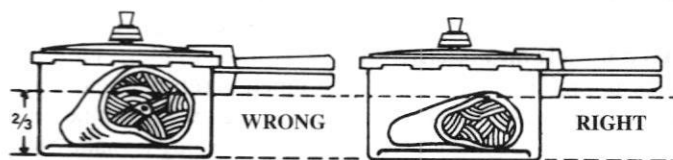


Fig. K

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2. **Always look through the vent pipe before using the cooker to make sure it is clear.** – If the vent pipe is plugged, the pressure regulator cannot rock back and forth and thus cannot relieve excess pressure. Pressure may then build to unsafe levels. To clean the vent pipe, see page 15.
  3. **Always fully close the pressure cooker.** – The cover handle must be directly above the body handle. Your pressure cooker has specially designed lugs on the cover and body which lock the cover in place when the cooker is fully closed. If however, the cooker is not fully closed, the lugs cannot lock the cover onto the body. It's possible that pressure could build inside the cooker and cause the cover to come off and result in bodily injury or property damage. Always be sure the cover handle is directly above the body handle (see page 8). Do not turn past handle alignment.
  4. **Never open the cooker when it contains pressure.** – The air vent/cover lock provides a visual indication of pressure inside the unit. When it is up, there is pressure. When it is down, there is no pressure in the cooker and it can be opened. If the pressure cooker is opened before all of the pressure is released, the contents of the cooker will erupt and could cause bodily injury or property damage.
  5. **Replace the overpressure plug if it becomes hard or when replacing the sealing ring. Replace the sealing ring if it becomes hard or soft and sticky.** – The overpressure plug is a secondary pressure relief valve which is designed to relieve excess pressure by releasing from the cooker cover in the event that the vent pipe should become blocked. The overpressure plug is made of rubber, and when new, is soft and pliable. Over time, depending on the frequency and type of use, rubber becomes hard and inflexible. When hard and inflexible, the overpressure plug loses its ability to act as a secondary pressure relief valve. It should be replaced immediately.
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## CANNING VEGETABLES

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Young, tender, fresh vegetables, slightly immature, are better for canning than those which are overripe. As a rule, vegetables are best if canned immediately after picking, since flavor decreases upon standing and often unpleasant color changes take place. Avoid bruising vegetables because spoilage organisms grow more rapidly on bruised vegetables than on unblemished ones.

Wash and prepare garden fresh vegetables as you would for cooking.

Vegetables may be raw packed or precooked before they are processed. If raw, pack prepared vegetables into clean jars.

To precook vegetables, cover with boiling water and cook until heated through. Pack precooked vegetables into clean jars.

Leave one-half inch head space in jars. When canning starchy vegetables, peas, shelled beans, corn or sweet potatoes, leave one inch head space.

Can with or without salt. If salt is desired use only pure canning salt. Table salt contains a filler which may cause cloudiness in bottom of jars. Add  $\frac{1}{2}$  teaspoon canning salt to each pint jar ( $\frac{1}{4}$  teaspoon salt to each one-half pint) if desired.

Cover vegetables with boiling water leaving one-half inch head space.

When vegetables are precooked, some of their nutrients dissolve in the water; so whenever possible, the precooking water should be used as liquid to cover the vegetables after packing in jars. However, there are a few vegetables, such as turnips, greens, kale and sometimes asparagus, which make the cooking water bitter. Do not use cooking water in these cases.

Adjust caps according to closure manufacturer's instructions. Follow the "How To Use" directions beginning on page 6. Place boiling water,

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(1) Fermentation, recognized by the formation of gas and acid, which causes food to sour, (2) Flat Sour, in which acid is produced, but no gas is formed, (3) Putrefaction, characterized by gas, bad odor and sometimes by darkening of food, (4) Toxins or poisonous substances which may show no visible signs of spoilage unless other spoilage organisms are also present.

As a safeguard against using canned foods that may be affected with spoilage that is not readily detected, heat all low-acid foods (all meats and all vegetables) to 15 pounds pressure before tasting or using.

**Pour canned food into a pressure cooker. Close cover securely. Place pressure regulator on vent pipe. When pressure attains 15 pounds, remove pressure cooker from heat. Let pressure drop of it's own accord.**

**Another method to detect food spoilage is to pour canned food into a saucepan and boil 10 to 15 minutes before tasting or using.**

Many times odors that cannot be detected in the cold product will become evident by these methods. If, after pressure cooking or boiling, food does not smell or look right, **discard it without tasting.**

Foods high in acidity, fruits and tomatoes, may also be canned in a Pressure Cooker-Canner.

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Should the overpressure plug ever be forced out of the cover due to excess pressure while cooking, have the pressure cooker properly inspected before further use. In this case, do not attempt to replace the overpressure plug. Send the complete unit to the Presto Factory Service Department (see page 72).

Normally, the sealing ring does not become soft or sticky. If however, the sealing ring frequently comes in contact with oil, or foods which contain high oil or fat content, it may become soft and sticky. Do not apply cooking oil to the sealing ring. Hard or soft and sticky sealing rings should be replaced immediately. Failure to replace, could result in bodily injury or property damage.

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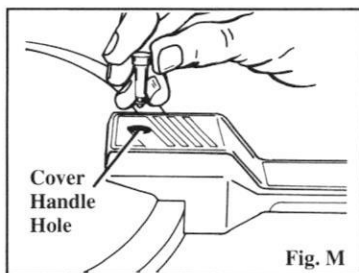
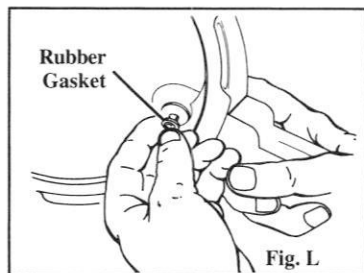
## CARE AND MAINTENANCE

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1. All parts of your pressure cooker, including the sealing ring and pressure regulator are fully immersible for easy cleaning. When washing the unit, however, the sealing ring should always be removed to allow easy cleaning of the inside rim of the cover. The sealing ring should be washed with hot sudsy water after each use.

Occasionally remove the air vent/cover lock in the pressure cooker cover handle for cleaning. To remove the air vent/cover lock, place your finger over the hole in the cover handle and remove the rubber gasket from the air vent/cover lock on the underside of the cover (Fig. L). Push the air vent/cover lock through the top of the cover and wash it and the gasket in hot sudsy water. The metal shaft of the air vent/cover lock may be cleaned with a nylon mesh pad. Clean the hole in the cover handle with a small brush. After cleaning, reinsert the metal shaft of the air vent/cover lock from the top side of the cover down through the cover handle hole (Fig. M). Place a finger over the handle hole (to keep the cover lock from falling out) and turn the cover over. Wet the rubber gasket and push onto the end of the metal shaft until it snaps into the groove on the shaft. The gasket should fit loosely in the groove.

The overpressure plug can also be removed for cleaning by pushing it out of its opening from the top of the cover. After cleaning,



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## PRESSURE CANNING

IN YOUR SUPERSIX™

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### PRESSURE COOKER AND CANNER

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Pressure canning is recommended by the United States Department of Agriculture, Washington, D.C., as the only safe method for canning low-acid foods — vegetables, meat, poultry and fish. These instructions for canning at 15 pounds pressure are according to research done by the Department of Food Science and Nutrition, Agricultural Experiment Station, University of Minnesota, St. Paul, Minnesota.

#### WHY PRESSURE CANNING?

Water boils at 212° F. (except in mountainous regions) and this is sufficient to arrest or destroy some spoilage organisms — enzymes, molds, and yeast. However, a temperature of 240° F. or above is needed to destroy harmful bacteria, especially botulinus. In pressure canning, some of the water in the Pressure Cooker-Canner is converted to steam and, after all air is exhausted through the vent pipe and air vent/cover lock in cover, the pressure regulator is placed on vent pipe. Expanding steam will close the air vent/cover lock and will then create pressure. As pressure within the Pressure Cooker-Canner increases, temperature increases — 5 pounds pressure — 228° F., 10 pounds pressure — 240° F., 15 pounds pressure — 250° F.

Four specific agents produce food spoilage. They are enzymes, molds, yeast and bacteria. Three of them . . . enzymes, molds and yeasts are easily destroyed by heat during the processing. Bacteria, especially botulinus, can be destroyed only with temperatures above boiling. And their destruction is of prime importance.

If enzymes are not destroyed, the quality of food is lowered. Unchecked mold may spread through the entire contents of a container of food. Yeast causes fermentation. Bacteria spoilage falls into four groups:



### CHEESE CAKE ★

- |                                |  |
|--------------------------------|--|
| 1 8-ounce package cream cheese | 2 eggs                                 |
| 1 3-ounce package cream cheese | $\frac{1}{2}$ cup vanilla wafer crumbs |
| $\frac{1}{2}$ cup sugar        | 2 cups water                           |

Beat cream cheese until smooth. Add sugar and beat in eggs. Pour mixture into buttered custard cups. Top with vanilla wafer crumbs. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Cool cheese cake. Cut around inside of cups to loosen and invert onto serving dish. Chill. Top with one of the following sauces, if desired.

*Nutrition Information Per Serving*  
305 Calories, 23 g Fat, 157 Cholesterol

6 servings

**CARAMEL SAUCE** – Combine  $\frac{1}{4}$  cup soft cream cheese,  $\frac{1}{4}$  cup brown sugar, 1 tablespoon granulated sugar and  $\frac{1}{4}$  teaspoon vanilla. Mix thoroughly. Spoon over cheese cake. Garnish with pecans. Refrigerate until serving.

**FRUIT SAUCE** – Spoon canned fruit pie filling of your choice over cheese cake. Refrigerate until serving.

reinsert it by pushing the round side of the plug (marked top) into the opening from the underside of the cover (Fig. N).

- To be sure the vent pipe is clear, hold the cover up to the light and look through the vent pipe. Clean it with a small brush or pipe cleaner if it is blocked or partially blocked (Fig. O).
- Iron and other minerals in water and foods may darken the inside of your cooker. This discoloration will not affect the food cooked in the unit. These stains can be removed by using a solution of water and cream of tartar. Use a tablespoon of cream of tartar for each quart of water and pour enough solution into the cooker to cover the discoloration (do not fill over  $\frac{2}{3}$  full). Close the cover securely, place the pressure regulator on the vent pipe and heat until the pressure regulator rocks gently. Remove the cooker from the heat and allow it to stand for two to three hours. Remove the pressure regulator and discard the contents. Scour thoroughly with a soap impregnated steel wool pad; wash, rinse and dry.
- The outside surface of your cooker may be cleaned with a good silver polish if necessary. Staining may result if the cooker is washed in the dishwasher. If food residue adheres to the pressure cooker body, clean with a vegetable brush, a fine steel wool pad or a fine kitchen cleanser.

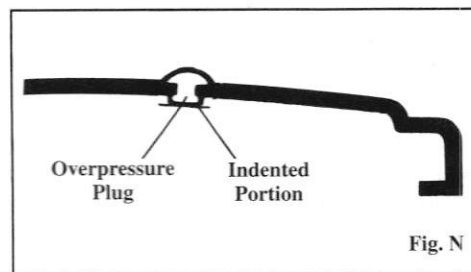


Fig. N

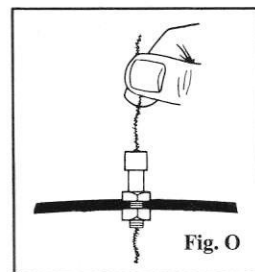


Fig. O

5. When not in use, store your pressure cooker in a dry place with the cover inverted on the body. If the cover is locked on, unpleasant odors may form inside the unit and the sealing ring could be damaged.
6. Do not strike the rim of the pressure cooker with any cooking utensil because this could cause nicks in the rim which may allow steam to escape and prevent the pressure cooker from sealing.
7. If the body or cover handles become loose, tighten them with a screwdriver.
8. Should you experience any difficulties with the air vent/cover lock mechanism, located in the cover handle, send the cover to the Presto Factory Service Department for servicing (see page 72).
9. The sealing ring, overpressure plug and gasket for the air vent/cover lock will need to be replaced periodically in order to assure proper operation of the pressure cooker. The sealing ring should be replaced when it becomes hard or soft and sticky or shows signs of wear or leaks. The overpressure plug should be replaced when it starts to become harder and each time the sealing ring is replaced. The air vent/cover lock gasket should be replaced when it becomes hard or shows signs of wear and/or cracking.

Leakage between the cover and body is usually caused by shrinkage of the sealing ring after prolonged use. Replace the sealing ring. Whenever you replace the sealing ring, replace the overpressure plug also.

10. The formation of a small amount of moisture under the pressure regulator is normal when cooking first begins. It is the result of the temperature of the regulator being lower than the rest of the unit. If it continues, however, the vent pipe may be loose and should be tightened with a small wrench.

#### VANILLA CUSTARD ♥ \*

|                               |                      |
|-------------------------------|----------------------|
| 2 cups skim milk              | 1/2 teaspoon vanilla |
| 4 egg whites, slightly beaten | Nutmeg               |
| 1/4 cup sugar                 | 1 1/2 cups water     |
| 1/4 teaspoon salt             |                      |

Combine milk, egg whites, sugar, salt and vanilla. Pour into individual custard cups. Sprinkle nutmeg on custards. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Chill custard.

*Nutrition Information Per Serving*  
84 Calories, .2 g Fat, 1.6 mg Cholesterol

5 servings

#### VARIATION: CHOCOLATE CUSTARD

Heat skim milk with 3 tablespoons cocoa. Follow vanilla custard directions.

#### VARIATION: COCONUT CUSTARD

Sprinkle 1 tablespoon coconut over top of each vanilla custard before cooking.

#### OATMEAL APPLE CRISP ♥

|                                  |  |
|----------------------------------|--|
| 4 cups apples, peeled and sliced | 1 teaspoon cinnamon                      |
| 1 tablespoon lemon juice         | 1/2 teaspoon salt                        |
| 1 cup quick cooking oats         | 1/3 cup melted low cholesterol margarine |
| 1/3 cup flour                    | 2 1/2 cups water                         |
| 1/2 cup brown sugar              |  |

Sprinkle apples with lemon juice. Combine oats, flour, brown sugar, cinnamon, salt and margarine. Place alternate layers of apples and oat mixture (beginning with and ending with apples) in a buttered metal bowl that will fit loosely in cooker. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES with pressure regulator rocking slowly. Cool cooker at once.

*Nutrition Information Per Serving*  
321 Calories, 11 g Fat, 0 Cholesterol

6 servings

### TAPIOCA PUDDING ♥ \*

|                                     |                                |
|-------------------------------------|--------------------------------|
| 2 cups skim milk                    | $\frac{1}{3}$ cup sugar        |
| 2 tablespoons quick cooking tapioca | $\frac{1}{4}$ teaspoon salt    |
| 4 egg whites, slightly beaten       | $\frac{1}{2}$ teaspoon vanilla |
|                                     | $1\frac{1}{2}$ cups water      |

Scald milk and tapioca. Remove from heat and let stand 15 minutes. Combine egg whites, sugar, salt and vanilla. Add milk and tapioca, stirring constantly. Pour into individual custard cups. Cover firmly with aluminum foil. Pour water into cooker. Place custard cups on rack in cooker. Place pressure regulator on vent pipe and COOK 5 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Chill. Unmold if desired.

*Nutrition Information Per Serving*  
88 Calories, .2 g Fat, 1.3 mg Cholesterol

6 servings

### RICE PUDDING ♥ \*

|                               |                                |
|-------------------------------|--------------------------------|
| 2 cups skim milk              | 2 cups cooked white rice       |
| 4 egg whites, slightly beaten | $\frac{1}{2}$ teaspoon vanilla |
| $\frac{1}{3}$ sugar           | $1\frac{1}{2}$ cups water      |
| $\frac{1}{2}$ teaspoon salt   |                                |

Combine milk, egg whites, sugar, and salt. Stir in rice and vanilla. Pour into individual custard cups and cover firmly with aluminum foil. Pour water into cooker. Place custard cups on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Stir slightly and chill pudding.

*Nutrition Information Per Serving*  
141 Calories, .1 g Fat, 1.3 mg Cholesterol

6 servings

### VARIATION: FRUIT AND NUT RICE PUDDING

Substitute brown sugar for white and add  $\frac{1}{2}$  cup raisins or dates and  $\frac{1}{2}$  cup chopped walnuts to above rice pudding.

A small amount of steam or moisture may also be visible around the overpressure plug and air vent/cover lock as cooking begins. It should stop when pressure begins to build and the overpressure plug and air vent/cover lock seal. If leakage continues, clean or replace the overpressure plug and/or air vent/cover lock assembly. The pressure cooker will not seal if the gasket for the air vent/cover lock is cracked.

**Do not operate your pressure cooker with continual leakage.** If the preceding steps do not correct the problem, return the entire unit to the Presto Factory Service Department (see page 72).

11. If the pressure cooker becomes difficult to open or close, the sealing ring may have expanded and should be replaced. If for any reason the pressure cooker cannot be opened, contact the Consumer Service Department in Eau Claire, WI at 1-800-877-0441.

Any maintenance required for this product, other than normal household care and cleaning, should be performed by the Presto Factory Service Department (see page 72).

## HELPFUL HINTS

- ◆ Your favorite recipes may be adjusted for cooking in the pressure cooker by following the general directions in this book for the particular type of food being cooked. Decrease the cooking time for your recipe by  $\frac{2}{3}$  since pressure cooking is much faster than ordinary cooking methods. For example, if your ordinary cooking method requires 45 minutes, in the pressure cooker the cooking time will be 15 minutes. Because there is very little evaporation, the amount of liquid used should be decreased. Use about 1 cup

more liquid than you'll desire in your finished dish. But, remember, there must always be water or some other liquid in the pressure cooker to produce the necessary steam.

- ◆ Use the cooking rack when it is desirable to cook foods out of the cooking liquid. When foods are pressure cooked out of the liquid, flavors will not intermingle. Therefore, it is possible to cook several foods at once, as long as they have similar cooking times.
  - ◆ Many different cooking liquids can be used in a pressure cooker. Wine, beer, bouillon, fruit juices and of course water all make excellent cooking liquids in the pressure cooker.
  - ◆ If a recipe says to cook 0 minutes, cook food only until the pressure regulator begins to rock. Then cool pressure cooker according to recipe.
  - ◆ The pressure cooker is usually cooled at once for delicate foods such as custards, fresh vegetables and serving size pieces of meat. For other foods, like roasts and stews, let the pressure drop of its own accord.
  - ◆ When pressure cooking at high altitudes, the cooking time needs to be increased 5% for every 1000 feet above the first 2000 feet. Following this rule, the times should be increased as follows:

|                  |                  |                  |
|------------------|------------------|------------------|
| 3000 ft. ... 5%  | 5000 ft. ... 15% | 7000 ft. ... 25% |
| 4000 ft. ... 10% | 6000 ft. ... 20% | 8000 ft. ... 30% |
- Because pressure cooking times are increased at altitudes above 2000 feet, additional cooking liquid will be needed.
- ◆ Beautiful desserts and side dishes can be prepared in the pressure cooker, using individual or small metal molds or glass custard cups, which are ovenproof. Fill molds  $\frac{2}{3}$  full to allow for expansion of

## DESSERTS

Add a fabulous finale to any meal with cheesecake, pudding, custard and more. All can be prepared in minutes in your pressure cooker. Pressure cooking gives an even texture to pudding and a satiny feel to custards.

Desserts may be prepared in custard cups or any metal mold which is ovenproof and will fit loosely in the pressure cooker. Fill molds only  $\frac{2}{3}$  full to allow for expansion of food. Cover securely with aluminum foil shaped to the sides of the mold.

To test custards for doneness, insert a knife into the center. If the knife comes out clean, it is done. If not, it will be necessary to bring the cooker back up to pressure and cook the custard a minute or two longer.

Do not cook applesauce, cranberries or rhubarb in the pressure cooker.

*FOR DESSERTS, DO NOT FILL  
PRESSURE COOKER OVER  $\frac{2}{3}$  FULL!*

### LEMON PUDDING \*

|  |                             |
|--|-----------------------------|
| $\frac{1}{2}$ cup sugar                | Grated rind of 1 lemon      |
| 2 tablespoons flour                    | 2 egg yolks, beaten         |
| $\frac{1}{8}$ teaspoon salt            | $\frac{2}{3}$ cup skim milk |
| 1 tablespoon low cholesterol margarine | 2 egg whites, beaten        |
| 3 tablespoons lemon juice              | 2 cups water                |

Combine sugar, flour, salt and margarine. Add lemon juice, grated rind, egg yolks, and milk; mix well. Fold in beaten egg whites. Pour into individual custard cups. Cover each cup firmly with aluminum foil. Pour water into cooker. Place custard cups on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES with pressure regulator rocking slowly. Cool cooker at once.

*Nutrition Information Per Serving*  
186 Calories, 6 g Fat, 137 mg Cholesterol

*4 servings*



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### WILD RICE ♥ \*

- |                 |               |
|-----------------|---------------|
| 1 cup wild rice | 2½ cups water |
| 2 cups water    |               |

Combine wild rice and 2 cups water in a metal bowl which fits loosely in cooker. Cover bowl firmly with aluminum foil. Pour 2½ cups water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES with pressure regulator rocking slowly for al dente or crunchy rice or COOK 25 MINUTES for softer rice. Let pressure drop of its own accord. Open cooker and allow rice to steam uncovered.

*Nutrition Information Per Serving*  
183 Calories, 0 Fat, 0 Cholesterol

4 servings

### HARRIETT'S WILD RICE CASSEROLE \*

- |                               |  |
|-------------------------------|--|
| ¾ cup wild rice               | ½ cup chopped onion                    |
| 1½ cups water                 | 1 10½-ounce can cream of mushroom soup |
| 2½ cups water                 | ½ cup water                            |
| *****                         | 1 4-ounce can mushrooms with liquid    |
| 1 pound seasoned pork sausage |  |
| 1 cup chopped celery          |  |

Combine wild rice and 1½ cups water in a metal bowl which fits loosely in the cooker. Cover the bowl firmly with aluminum foil. Pour 2½ cups water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 20 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Open cooker, remove foil and set rice aside to steam. Remove cooking rack and pour out remaining water. Heat cooker and brown sausage. Pour off excess fat. Add celery and onion; sauté until tender. Stir in mushroom soup, ½ cup water, mushrooms with liquid and cooked wild rice. Close cover securely. COOK "0" MINUTES. Let pressure drop of its own accord.

*Nutrition Information Per Serving*  
257 Calories, 16 g Fat, 35 mg Cholesterol

8 servings

food, and fit them loosely into the pressure cooker on the cooking rack. Do not fill the pressure cooker over ⅔ full.

- ◆ If you have any questions on recipes, time charts or the operation of your pressure cooker, call or write: Home Economics Department, National Presto Industries, Inc., 3925 North Hastings Way, Eau Claire, Wisconsin 54703-3703, phone 1-800-877-0441. When writing, please include a phone number and a time when you can be reached during weekdays if possible. Written inquiries will be answered promptly by letter or telephone.

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## QUESTIONS & ANSWERS

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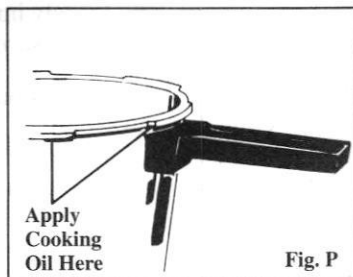
*Occasionally the cover is hard to open or close. What causes this? What should I do?*

In order for pressure to build inside your pressure cooker, the unit has a special cover which provides an airtight fit. Because of this, you may find that on occasion the cover may be difficult to open or close. The following suggestions will help if this happens:

If the cover seems hard to close, press the palm of your hand on the cover area directly opposite the cover handle while moving the cover handle to the closed position with your other hand.

If, after browning meat or poultry, the cover is difficult to close, it may be due to expansion of the pressure cooker body from heating. Remove the cover and allow the pressure cooker body to cool slightly and try again. Do not place the pressure cooker back on the burner until it is fully closed.

If necessary, to help make the cover easier to open and close, a very light coating of cooking oil may be applied to the **underside** of the lugs on the pressure cooker body (Fig. P). Use a pastry brush, a piece of cloth or your fingertips and be sure to wipe off any excess oil. **Do not apply cooking oil to sealing ring.**



***What can be done if the food prepared in the pressure cooker has more liquid than desired?***

Simmer to evaporate the excess liquid. Next time you prepare the same recipe, you may want to use a tablespoon or two less liquid.

***How does one prevent overcooking?***

Remember to begin timing as soon as the pressure regulator begins to rock gently. It is very important to accurately time the cooking period. A Presto® kitchen timer is very helpful for this purpose. Also be sure to follow the recipe instructions for cooling the pressure cooker.

***What if the food is not completely done after the recommended cooking time?***

Simply bring the cooker back up to pressure and cook the food a minute or two longer.

***How do I know my pressure cooker is operating properly?***

The rocking pressure regulator provides both a visual and audio indicator that your cooker is functioning correctly.

## SEASONED RICE PILAF ♥ \*

|   |                                       |       |                  |
|---|---------------------------------------|-------|------------------|
| 2 | tablespoons low cholesterol margarine | 1 3/4 | cups water       |
| 1 | onion, chopped                        | 1/2   | teaspoon salt    |
| 2 | cups long grain white rice            | 1/2   | teaspoon oregano |
| 2 | cups chicken broth                    | 1/4   | teaspoon pepper  |
|   |                                       | 1 1/2 | cups water       |

Heat cooker, melt margarine and sauté onions. Combine onion with remaining ingredients, except 1 1/2 cups water, in a metal bowl which will fit loosely in cooker. Pour water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Allow rice to steam uncovered for 5 minutes.

*Nutrition Information Per Serving*  
210 Calories, 4 g Fat, .3 mg Cholesterol

8 servings

## VARIATION: GRECIAN RICE PILAF

After pressure has dropped of its own accord combine rice, 3/4 cup frozen peas, 3/4 cup pitted ripe olives, cut in half and 1 large red pepper, cut into bite size slices. Allow the rice to steam uncovered 5 minutes.

## BROWN RICE ♥ \*

|       |                        |   |            |
|-------|------------------------|---|------------|
| 1     | cup natural brown rice | 2 | cups water |
| 1 1/2 | cups water             |   |            |

Combine brown rice and 1 1/2 cups water in a metal bowl which fits loosely in cooker. Pour 2 cups water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Open cooker and allow rice to steam uncovered 5 minutes.

*Nutrition Information Per Serving*  
55 Calories, .8 g Fat, 0 Cholesterol

4 servings

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# RICE

---

Because fluffy, flavorful steamed rice is ready in minutes in the pressure cooker, you can enjoy all the speed and convenience of "instant" rice, without sacrificing any of the authentic, slow-cooked taste and texture of regular long grain rice.

Rice is low in sodium and fat and is cholesterol-free. And its versatility allows it to be used in recipes for soups, main dishes, side dishes and desserts.

During the cooking period, rice cooked directly in the pressure cooker tends to froth, foam and sputter and could cause the vent pipe to become clogged. **Therefore, to eliminate frothing, foaming and sputtering during the cooking period, rice must be prepared in a bowl in the pressure cooker according to the following directions.**

One cup of rice will yield approximately 3 cups cooked rice. Before serving, fluff rice and separate the grains by lifting gently with a fork while steaming.

**FOR RICE, DO NOT FILL PRESSURE COOKER OVER 1/2 FULL!**

## STEAMED RICE \*

|                             |                  |
|-----------------------------|------------------|
| 1 cup long grain white rice | 1 1/2 cups water |
| 1 1/2 cups water            |                  |

Combine rice and 1 1/2 cups water in a metal bowl which will fit loosely in cooker. Pour 1 1/2 cups water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Open cooker and allow rice to steam uncovered 5 minutes

Nutrition Information Per Serving  
168 Calories, .3 g Fat, 0 Cholesterol

4 servings

---

***Can I use my aluminum pressure cooker on induction type ranges?***

No. Aluminum pressure cookers are not magnetic. Therefore, they will not work on induction type ranges.

***When cooking first begins, is it normal for steam to escape and moisture to form on the cover and between the handles?***

It is normal for steam to escape and a slight amount of moisture leakage to form on the cover and between the handles when cooking first begins. If leakage continues, the cover handles may not be fully aligned with the body handles and, therefore, the cover lock cannot engage.

***Is it normal for the air vent/cover lock to raise up partially and drop back down when cooking first begins?***

It is possible that the air vent/cover lock will move up and down slightly when cooking first begins. Do not be concerned. The air vent/cover lock will remain in the up position once the cooker has sealed. However, if the air vent/cover lock continues to move up and down or raises partially, tap it lightly with the tip of a knife. If it does not raise once you have tapped it, the following may be occurring:

1. The burner is not hot enough.
2. The cooker is not fully closed (see page 7).
3. There is insufficient liquid to form steam.

# SOUPS AND STOCKS

The pressure cooker is perfect for preparing delicious, nourishing soups and stocks in minutes instead of the hours taken by ordinary methods.

Stocks form the base for most great soups and sauces and you can even substitute a stock for water in many recipes to add extra flavor. Traditionally, stocks are made by simmering bones and scraps for hours to extract all their flavor. With the pressure cooker, you can do the same thing in just minutes by following the simple directions on the following pages.

We've also included a few favorite soup recipes and, if you have a favorite recipe of your own, try it in the pressure cooker using one of the recipes in this book as your guide. If adding dried vegetables, they must first be soaked according to directions on page 50. **Do not pressure cook soups containing barley, rice, noodles, macaroni products, split peas or soup mixes with dried vegetables** because they have a tendency to foam, froth and sputter and could clog the vent pipe.

*FOR SOUPS AND STOCKS,  
DO NOT FILL PRESSURE COOKER OVER 1/2 FULL!*

## ORANGE BAKED BEANS ♥

|                        |                                 |
|------------------------|---------------------------------|
| 2 cups pea beans       | 2 tablespoons sherry or vinegar |
| 1/4 pound bacon, diced | 2 teaspoons salt                |
| 1 cup orange juice     | 1/2 teaspoon dry mustard        |
| 1/2 cup catsup         | 1/4 teaspoon ginger             |
| 2 tablespoons molasses | Water                           |

Soak beans following the directions "How to Soak Dried Vegetables for Pressure Cooking" on page 50. Drain. Heat cooker and fry bacon. Remove excess drippings. Add beans, orange juice, catsup, molasses, sherry, salt, mustard, ginger and enough water to **well cover** beans. Close cover securely. Place pressure regulator on vent pipe and **COOK 45 MINUTES** with pressure regulator rocking slowly. Let pressure drop of its own accord.

*Nutrition Information Per Serving*

353 Calories, 5 g Fat, 7 mg Cholesterol

4 servings

## DRIED VEGETABLE TIMETABLE

Soak vegetables according to directions on page 50 and drain. **Use only the following dried vegetables in your pressure cooker.** Place in cooker and add enough water to well cover vegetables. Close cover securely. Place pressure regulator on vent pipe and cook according to the following timetable. **LET PRESSURE DROP OF ITS OWN ACCORD.**

*FOR DRIED VEGETABLES,  
DO NOT FILL PRESSURE COOKER OVER 1/2 FULL!*

| VEGETABLE            | COOKING TIME<br>(MINUTES) |
|----------------------|---------------------------|
| Black Beans          | 35                        |
| Black-eyed Peas      | 20                        |
| Great Northern Beans | 30                        |
| Kidney Beans         | 25                        |
| Lentils              | 20                        |
| Lima Beans           | 25                        |
| Navy Beans           | 30                        |
| Pink Beans           | 30                        |
| Pinto Beans          | 25                        |
| Whole Green Peas     | 5                         |
| Whole Yellow Peas    | 5                         |

# DRIED VEGETABLES

The pressure cooker is ideal for preparing dried or dehydrated vegetables when they are prepared according to the following soaking and cooking directions. They are an excellent source of protein. During the cooking period, dried vegetables tend to froth, foam and sputter and could cause the vent pipe to become clogged. **Therefore, ingredients and soaking instructions MUST be followed to keep foam at a safe level during cooking. Do not pressure cook split peas or soup mixes containing dried vegetables.**

*FOR DRIED VEGETABLES,  
DO NOT FILL PRESSURE COOKER OVER 1/2 FULL!*

## HOW TO SOAK DRIED VEGETABLES FOR PRESSURE COOKING:

|                         |                                |
|-------------------------|--------------------------------|
| 2 cups dried vegetables | 1 tablespoon salt              |
| 1/4 cup cooking oil     | Water to well cover vegetables |

Place dried vegetables in cooker. Add cooking oil, salt and water to well cover vegetables. Soak overnight. In most instances, dried vegetables will almost regain their original shape, freshness and color.

## BOSTON BAKED BEANS ♥

|                            |                      |
|----------------------------|----------------------|
| 2 cups dried beans         | 1/2 teaspoon mustard |
| 1/3 pound salt pork, diced | 1 onion, diced       |
| 3 tablespoons brown sugar  | 2 tablespoons catsup |
| 3 tablespoons molasses     | Water                |

Soak beans following the directions "How to Soak Dried Vegetables for Pressure Cooking" on this page. Drain. Heat cooker and sear pork. Remove excess drippings. Add beans, brown sugar, molasses, mustard, onion, catsup and enough water to **well cover** beans. Close cover securely. Place pressure regulator on vent pipe and COOK 45 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord.

*Nutrition Information Per Serving*  
397 Calories, 6 g Fat, 8 mg Cholesterol

4 servings

## CHICKEN SOUP \*

|   |                      |
|---|----------------------|
| 1 1/2 pounds chicken, cut into serving pieces | 1 carrot, diced      |
| 1 teaspoon salt                               | 1 small onion, diced |
| 1 rib celery, chopped                         | 4 cups water         |

Place all ingredients in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Remove pieces of chicken from cooker and let cool. Remove meat from bones and return meat to cooker. Heat through.

*Nutrition Information Per Serving*  
236 Calories, 9 g Fat, 104 mg Cholesterol

4 servings

*Delicious Soups From Chicken Soup...*

**CHICKEN SOUP STOCK** – Strain chicken soup to make stock.

**CHICKEN NOODLE SOUP** – Add finely chopped carrot, celery and onion to Chicken Soup. Salt and pepper to taste. Bring to a boil, add noodles and simmer, uncovered, 20 minutes.

4 servings

**CHICKEN DUMPLING SOUP** – Mix together 1 beaten egg, or 2 egg whites, 3/4 teaspoon salt and 1/2 cup skim milk. Stir in 1 1/8 cups flour. Drop mixture from teaspoon into bubbling Chicken Soup in cooker. Simmer dumplings uncovered 6 minutes.

4 servings

**CHICKEN RICE SOUP** – Add 2 cups cooked rice and 2 cups cooked diced vegetables of your choice to Chicken Soup. Salt and pepper to taste. Heat through.

4 servings



### BROWN BEEF SOUP \*

|   |                               |
|---|-------------------------------|
| 1½ pounds lean beef, cut into<br>1 inch cubes | 1 small bay leaf              |
| 1 tablespoon vegetable oil                    | 1 tablespoon vegetable<br>oil |
| 6 cups water                                  | ⅛ teaspoon pepper             |
| 1½ tablespoons salt                           | ¼ cup chopped celery          |
| ½ cup diced onion                             | 1 teaspoon parsley flakes     |
| ¼ cup diced carrots                           |                               |

Heat cooker, add oil and brown beef. Add water and bring to a boil. Skim off fat. Add remaining ingredients. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord.

*Nutrition Information Per Serving*

*6 servings*

*122 Calories, 10 g Fat, 20 mg Cholesterol*

*Delicious Soups From Brown Beef Soup...*

**BROWN BEEF SOUP STOCK** – Strain Brown Beef Soup to make stock.

**ONION SOUP** – Sauté 1½ cups thinly sliced onions in 3 tablespoons vegetable oil. Stir onions into 6 cups Brown Beef Soup Stock in cooker. Season with ¼ teaspoon pepper. Close cover securely. Place pressure regulator on vent pipe and COOK 2 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Ladle into soup bowls. Top with Parmesan cheese. If desired, garnish with croutons or toasted French bread.

*6 servings*

**VEGETABLE SOUP** – Add 4 cups cooked diced vegetables of your choice to Brown Beef Soup. Salt and pepper to taste and heat through.

*8 servings*

**BEEF TOMATO SOUP** – Add 2 cups tomato juice, 1 chopped onion, 1 cup cooked rice and 1 teaspoon salt to Brown Beef Soup. Close cover securely. Place pressure regulator on vent pipe and cook until pressure regulator attains a rocking action only. Let pressure drop of its own accord.

*8 servings*

### FROZEN VEGETABLE TIMETABLE

To assure even heating, separate a block of frozen vegetables. Pour liquid into cooker. Place vegetables on rack in cooker. After cooking, COOL PRESSURE COOKER AT ONCE.

*FOR FROZEN VEGETABLES,  
DO NOT FILL PRESSURE COOKER OVER ⅔ FULL!*

| VEGETABLE   | CUPS OF<br>LIQUID | COOKING TIME<br>(MINUTES) |
|---|-------------------|---------------------------|
| Asparagus, Cut or Spears                                    | 1                 | 2                         |
| Beans, Green, Wax or French Style                           | 1                 | 1                         |
| Broccoli  | 1                 | 2                         |
| Brussels Sprouts  | 1                 | 2                         |
| Cauliflower   | 1                 | 1                         |
| Corn Cut  | 1                 | 1                         |
| Corn on Cob   | 1                 | 2                         |
| Lima Beans  | 1                 | 2                         |
| Mixed Vegetables  | 1                 | 2                         |
| Peas  | 1                 | 1                         |
| Peas and Carrots  | 1                 | 1                         |
| Spinach   | 1                 | 1                         |
| Squash, Cut into 1 inch cubes,<br>place in bowl and on rack | 1½                | 7                         |

## FRESH VEGETABLE TIMETABLE

| VEGETABLE   | SIZE                           | CUPS OF LIQUID | COOKING TIME (MINUTES) |
|---|--------------------------------|----------------|------------------------|
| <b>Parsnips</b><br>Wash, peel or scrape.                        | Whole (2 inch diameter)        | 1½             | 10                     |
|   | Slices (¼ inch thick)          | 1              | 0 - 2                  |
| <b>Peas (Green)</b><br>Wash and Shell.                          | Whole                          | 1              | 0 - 2                  |
| <b>Potatoes</b><br>Wash and scrub. If desired, peel.            | Whole (2½ inch diameter)       | 2              | 15                     |
|   | 1½ inch diameter               | 1½             | 10                     |
|   | Slices (¾ inch thick)          | 1½             | 5                      |
|   | (½ inch thick)                 | 1              | 3                      |
| <b>Pumpkin</b><br>Cut into wedges. Remove pulp, seeds and peel. | Wedges (2 by 3 inches)         | 1½             | 10                     |
| <b>Rutabaga</b><br>Wash, peel and cut.                          | Cubes or Slices (1 inch thick) | 1              | 3                      |
| <b>Squash (Winter)</b><br>Wash, peel and cut.                   | Cubes or Slices (1 inch thick) | 1½             | 12                     |
| <b>Sweet Pepper</b><br>Wash. Remove stem, core and seeds.       | Whole or Cut up                | 1              | 0 - 3                  |
| <b>Sweet Potatoes</b><br>Wash and scrub.                        | Whole                          | 1½             | 10                     |
| <b>Turnips</b><br>Wash, peel and cut.                           | Cubes or Slices (1 inch thick) | 1              | 3                      |

## SEAFOOD GUMBO \*

|   |  |       |  |
|---|--|-------|--|
| 1 | tablespoon vegetable oil               | 1     | pound sole fillets, cut into 2 inch pieces |
| 2 | onions, coarsely chopped               | 1     | pound shrimp                               |
| 3 | tomatoes, skinned and coarsely chopped | 3     | ribs celery, sliced                        |
| 1 | clove garlic, minced                   | 2     | cups frozen, cut okra                      |
| 2 | sprigs parsley, chopped                | ..... |  |
| 1 | teaspoon thyme                         | ¼     | cup tomato paste                           |
| 2 | cups chicken bouillon                  |       |  |

Heat cooker, add oil and sauté onions. Stir in tomatoes, garlic, parsley, thyme, and chicken bouillon. Close cover securely. Place pressure regulator on vent pipe and COOK 3 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Place fish, shrimp, celery and okra in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 1 MINUTE with pressure regulator rocking slowly. Cool cooker at once. Gently stir in tomato paste and simmer, uncovered, to thicken. Garnish with crab, if desired.

*Nutrition Information Per Serving*

167 Calories, 4 g Fat, 127 mg Cholesterol

8 servings

## MINESTRONE ★

|    |   |       |   |
|----|---|-------|---|
| 1½ | pounds lean beef, cut into 1 inch cubes | 1     | clove garlic, minced                            |
| 1  | tablespoon vegetable oil                | ..... |   |
| 6  | cups water                              | 1     | 16-ounce can cut green beans, drained           |
| 1  | onion, diced                            | 1     | 15-ounce jar Great Northern Beans               |
| 2  | carrots, sliced                         | 1     | 8-ounce can tomatoes, cut into bite size pieces |
| ¼  | cup chopped celery                      | 4     | ounces Polish sausage, thinly sliced            |
| 2  | teaspoons salt                          | 2     | ounces fine noodles                             |
| ¼  | teaspoon pepper                         |       |   |
| 2  | tablespoons parsley flakes              |       |   |
| 1  | bay leaf                                |       |   |
| 1½ | teaspoons sweet basil                   |       |   |

Heat cooker, add oil and brown meat. Add water, onions, carrots, celery, salt, pepper, parsley flakes, bay leaf, sweet basil, and garlic. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Add green beans, great northern beans, tomatoes, Polish sausage and noodles. SIMMER uncovered 10 MINUTES. Garnish with parmesan cheese, if desired.

*Nutrition Information Per Serving*

319 Calories, 13 g Fat, 73 mg Cholesterol

8 servings

## POTATO SOUP ♥ \*

|    |                            |       |                       |
|----|----------------------------|-------|-----------------------|
| 6  | potatoes, diced            | ..... |                       |
| 2  | onions, finely chopped     | 3     | tablespoons flour     |
| 4  | ribs celery, finely sliced | 1½    | cups skim milk        |
| 1½ | teaspoons salt             | 3     | tablespoons low       |
| ¼  | teaspoon white pepper      |       | cholesterol margarine |
| 3  | cups water                 |       |                       |

Place potatoes, onion, celery, salt, pepper and water in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Moisten flour with part of milk. Beat until smooth and stir in remaining milk. Stir mixture and margarine into soup and simmer, uncovered, to thicken.

*Nutrition Information Per Serving*  
145 Calories, 4 g Fat, .7 mg Cholesterol

6 servings

## VARIATION: NEW ENGLAND CLAM CHOWDER

Decrease water to 1½ cups and increase milk to 4 cups. Add 1 quart clams to soup with margarine and simmer, uncovered, 3 minutes, stirring occasionally.

6 servings

## ZESTY HOMEMADE CHILI ★

|   |                          |       |                               |
|---|--------------------------|-------|-------------------------------|
| 2 | pounds ground beef       | ½     | teaspoon oregano              |
| 1 | large onion, chopped     | 1     | teaspoon ground cumin         |
| 1 | green pepper, chopped    | 2     | cloves garlic, finely chopped |
| 1 | 8-ounce can tomato sauce | 1     | teaspoon salt                 |
| 1 | cup water                | ..... |                               |
| 1 | tablespoon chili powder  | 1     | 16-ounce can kidney beans,    |
| ¼ | teaspoon cayenne pepper  |       | drained and rinsed            |
| ½ | teaspoon black pepper    |       |                               |

Heat cooker, brown meat, onion, and green pepper. Add remaining ingredients, except kidney beans. Close cover securely. Place pressure regulator on vent pipe. COOK 5 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Stir in kidney beans and heat through.

*Nutrition Information Per Serving*  
302 Calories, 15 g Fat, 76 mg Cholesterol

8 servings

## FRESH VEGETABLE TIMETABLE

| VEGETABLE  | SIZE                           | CUPS OF LIQUID | COOKING TIME (MINUTES) |
|--|--------------------------------|----------------|------------------------|
| <b>Carrots</b><br>Wash, brush and scrape or peel.  | Whole (1¼ inch diameter)       | 1½             | 4 - 8                  |
|  | Slices (¼ inch thick)          | 1              | 1 - 2                  |
| <b>Cauliflower</b><br>Remove outer leaves and stalk. Wash. Remove discoloration on flowerets.  | Whole Head (6 inch diameter)   | 1½             | 2 - 5                  |
|  | Flowerets                      | 1              | 0 - 2                  |
| <b>Celery</b><br>Separate stalks. Remove tough, stringy fibers. Wash thoroughly.   | Whole Stalk or Pieces          | 1              | 0 - 2                  |
| <b>Corn (On-the-Cob)</b><br>Remove husk and silk. Wash.  | Whole (2½ inch diameter)       | 1              | 2 - 3                  |
| <b>Greens (Beet, Spinach Swiss Chard, Turnip)</b><br>Remove wilted leaves and root ends. Wash thoroughly several times, lifting from water after each washing. | Whole leaves                   | 1              | 0 - 3                  |
| <b>Kohlrabi</b><br>Wash, peel and cut.   | Cubes or Slices (1 inch thick) | 1              | 3                      |
| <b>Onions</b><br>Wash and Peel.  | Whole (2 inch diameter)        | 1½             | 5                      |

## FRESH VEGETABLE TIMETABLE

| VEGETABLE   | SIZE                                 | CUPS OF LIQUID | COOKING TIME (MINUTES) |
|---|--------------------------------------|----------------|------------------------|
| <b>Artichoke</b><br>Wash, trim and score hearts.  | Whole                                | 1½             | 10                     |
| <b>Asparagus</b><br>Wash, break off tough ends as far down as stalks snap easily. Remove scales if sandy or tough.          | Tips<br>Stems cut into 1 inch pieces | 1<br>1         | 0 - 1<br>0 - 2         |
| <b>Beans</b> (Green or Wax)<br>Wash. Remove ends and strings.   | Whole or Pieces                      | 1              | 1 - 3                  |
| <b>Beans</b> (Green Lima)<br>Wash and shell.  | Whole                                | 1              | 1 - 2                  |
| <b>Beets</b><br>Wash thoroughly. Remove all but 2 inches of top. Leave roots on. After cooking slip skins off.              | Whole (2½ inch diameter)             | 2              | 15                     |
| <b>Broccoli</b><br>Wash, remove leaves and tough stalk ends. Score stems.   | Whole (1 inch stem diameter)         | 1              | 1 - 2                  |
| <b>Brussels Sprouts</b><br>Wash. Remove wilted leaves. Cut off stem ends.   | Whole (1 inch diameter)              | 1              | 1 - 3                  |
| <b>Cabbage</b> (Green or Red)<br>Wash and cut into wedges. Secure leaves by inserting a toothpick through leaves into core. | Wedge (3½ inches)<br>2 inches        | 1½<br>1        | 1 - 5<br>1 - 3         |

## SEAFOOD

Seafood is the basis of some of the healthiest and most nutritious meals you can make. When steamed, fish and seafood are both light and delicious. Pressure cooking is an ideal way to prepare these favorites. And, because most seafood cooks fast, many vegetables can be prepared at the same time in the pressure cooker saving even more time and work.

Steaming in the pressure cooker brings out the finest, fullest flavors of seafood. The cooking time required is directly related to the thickness of the seafood. To be safe, if the fish you are cooking seems thin for its weight or if it weighs less than the recipe specifies, reduce the cooking time. Overcooking tends to toughen seafood. If the fish or seafood is not done, bring the cooker back up to pressure and cook the food a minute or two longer.

*FOR FISH AND SEAFOOD,  
DO NOT FILL PRESSURE COOKER OVER 2/3 FULL!*

### "SCAMPI-STYLE" SHRIMP ★

|  |                              |
|--|------------------------------|
| 2 pounds medium raw shrimp, shelled and deveined | ¾ teaspoon salt              |
| 1 cup low cholesterol margarine                  | 1½ cups water                |
| 3 tablespoons minced green onion                 | •••••                        |
| 10 cloves garlic, minced                         | 1/3 cup minced parsley       |
| 2 tablespoons lemon juice                        | ¾ teaspoon grated lemon peel |
|  | Tabasco sauce                |

Pat shrimp dry with paper towels. Heat cooker, melt margarine. Sauté onion and garlic. Stir in lemon juice and salt. Cook until bubbly. Pour into metal bowl which will fit loosely in cooker. Stir in shrimp. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 3 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Stir in parsley, lemon peel and Tabasco sauce.

*Nutrition Information Per Serving*  
461 Calories, 36 g Fat, 284 mg Cholesterol

6 servings

### SHRIMP JAMBALAYA ★

- |                                |   |
|--------------------------------|---|
| 1 cup long grain white rice    | 1/8 teaspoon allspice                       |
| 1 1/2 cups water               | Pinch each, cayenne, chili powder and basil |
| .....                          |   |
| 1 1/2 cups water               | 1 16-ounce can tomatoes                     |
| .....                          | 1 4-ounce can sliced mushrooms              |
| 3 tablespoons vegetable oil    | 1 pound medium shrimp, shelled and deveined |
| 1 clove garlic, minced         | 1/2 green pepper, cut into strips           |
| 1/2 cup chopped onion          |   |
| 1/2 pound precooked ham, diced |   |
| 2 teaspoons salt               |   |
| 1/8 teaspoon pepper            |   |

Combine rice and 1 1/2 cups water in a metal bowl which will fit loosely in cooker. Pour 1 1/2 cups water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and cook 5 minutes with pressure regulator rocking slowly. Let pressure drop of its own accord. Open cooker and set rice aside to steam. Remove cooking rack and remaining water.

Heat cooker, add oil and sauté garlic and onion until golden brown. Stir in ham. Add seasonings, tomatoes and mushrooms; mix well. Stir in shrimp and sprinkle green pepper strips over all. Close cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Remove cover and stir in rice. Let stand 5 minutes before serving.

*Nutrition Information Per Serving* 6 servings  
 317 Calories, 10 g Fat, 137 mg Cholesterol

### POACHED HALIBUT WITH VEGETABLES \*

- |   |                                |
|---|--------------------------------|
| 1 9-ounce package frozen pea pods         | 1 1/2 cups water               |
| 1 zucchini, cut into 1/2 inch slices      | 2 halibut steaks, 1 inch thick |
| 1 yellow squash, cut into 1/2 inch slices | 2 tablespoons lemon juice      |
|   | 1 tablespoon vegetable oil     |
|   | 1/4 teaspoon tarragon          |

Wrap pea pods and squash in separate aluminum foil packets. Pour water into cooker. Place vegetable packets and halibut on rack in cooker. Combine remaining ingredients and drizzle over halibut. Close cover securely. Place pressure regulator on vent pipe and COOK 4 MINUTES with pressure regulator rocking slowly. Cool cooker at once.

*Nutrition Information Per Serving* 4 servings  
 288 Calories, 10 g Fat, 35 mg Cholesterol

### ARTICHOKES 'N SAUCE ♥ \*

- |                            |              |
|----------------------------|--------------|
| 1 1/2 cups water           | 3 artichokes |
| 1 tablespoon vegetable oil |              |

Pour water and oil into cooker. Place artichokes upside down on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Serve with your choice of the following sauces.

*Nutrition Information Per Serving* 3 servings  
 93 Calories, 5 g Fat, 0 Cholesterol

**GARLIC SAUCE** – Combine 2 cloves minced garlic and 1/4 pound melted low cholesterol margarine. Serve warm.

**HERB YOGURT** – Combine 1 cup plain yogurt, 1/4 cup finely chopped carrots, 1/4 teaspoon salt and 1/2 teaspoon dill weed. Serve chilled.

**ITALIAN SAUCE** – Combine 1/4 cup Italian style salad dressing and 1/2 cup mayonnaise. Serve chilled.

### FRESH VEGETABLE TIMETABLE

When using the fresh vegetable timetables on pages 46-48, cook the vegetables the minimum amount of time indicated if you prefer your vegetables crisp. If you prefer your vegetables soft, cook them the maximum amount of time indicated. TO PREVENT OVER-COOKING, ALWAYS COOL PRESSURE COOKER AT ONCE AFTER COOKING VEGETABLES.

If the timetable says to cook 0 minutes, this means to cook food until the pressure regulator begins to rock, then cool cooker at once.

Quantity of vegetables does not change pressure cooking times. More mature vegetables may require longer pressure cooking times than given in chart.

*FOR FRESH VEGETABLES,  
 DO NOT FILL PRESSURE COOKER OVER 2/3 FULL!*



### CASSEROLE OF VEGETABLES \*

- |  |                                  |
|--|----------------------------------|
| 2 cups sliced carrots, 1/4 inch thick                              | 3 tablespoons flour              |
| 1 onion, sliced  | 1 1/2 cups skim milk             |
| 1 10-ounce package frozen, chopped spinach, cut into 1 inch pieces | 1 cup shredded mozzarella cheese |
| 1 cup water  | 1/4 teaspoon salt                |
| 2 tablespoons low cholesterol margarine                            | Pepper                           |
|  | 1 1/2 cups water                 |

Pour 1 cup water into cooker. Place carrots, onion and spinach on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK "0" MINUTES. Cool cooker at once. Melt margarine in small sauce pan, blend in flour. Gradually stir in milk. Cook, stirring until sauce thickens. Remove from heat and stir in cheese, salt and pepper. Stir until cheese is melted and blended into sauce. Place half the spinach in a 1 1/2 quart metal bowl which will fit loosely in cooker. Top with half the carrots and onions. Cover with half the cheese sauce. Repeat the layers. Cover bowl firmly with aluminum foil. Pour 1 1/2 cups water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 7 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord.

*Nutrition Information Per Serving*  
211 Calories, 12 g Fat, 31 mg Cholesterol

6 servings

### BROCCOLI 'N RICE \*

- |  |   |
|--|---|
| 1 1/2 pounds broccoli, cut into bite size pieces | 1 small onion, chopped                  |
| 2 cups cooked rice                               | 1 1/2 cups water                        |
| 1 10 1/2-ounce can cream of mushroom soup        | 2 tablespoons low cholesterol margarine |
| 1 8-ounce jar pasteurized cheese spread          | 1/2 cup bread crumbs                    |

Combine broccoli, rice, cream of mushroom soup, cheese spread and onion. Place in a metal bowl which will fit loosely in cooker. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Melt margarine and stir in bread crumbs. Sprinkle crumbs over broccoli.

*Nutrition Information Per Serving*  
328 Calories, 17 g Fat, 22 mg Cholesterol

6 servings

### LEMON 'N DILL COD, NEW POTATOES AND BROCCOLI ♥

- |   |   |
|---|---|
| 3 pounds frozen cod fillets, 1 inch thick | 1 1/2 cups water                          |
| Dill weed                                 | 12 small new potatoes, quartered          |
| 1 1/2 teaspoons lemon pepper              | 6 cups broccoli cut into bite size pieces |
| Salt                                      |   |

Cut fish into 12 pieces. Sprinkle with dill weed, lemon pepper and salt. Pour 1 1/2 cups water into cooker. Arrange fish, potatoes and broccoli on cooking rack. Close cover securely. Place pressure regulator on vent pipe and COOK 2 MINUTES with pressure regulator rocking slowly. Cool cooker at once.

*Nutrition Information Per Serving*  
307 Calories, 1 g Fat, 71 mg Cholesterol

6 servings

### HADDOCK IN CHEESE SAUCE \*

- |   |  |
|---|--|
| 2 tablespoons low cholesterol margarine | 1 cup skim milk                        |
| 2 tablespoons flour                     | 1 cup grated processed American cheese |
| 1/2 teaspoon salt                       | 2 pounds haddock fillets               |
| Pepper                                  | 1 1/2 cups water                       |

Melt margarine in saucepan. Stir in flour, salt and pepper. Gradually stir in milk, cooking until smooth and thick. Stir in cheese. Place haddock fillets in metal bowl which will fit loosely in cooker. Pour cheese sauce over fillets. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES with pressure regulator rocking slowly. Cool cooker at once.

*Nutrition Information Per Serving*  
277 Calories, 11 g Fat, 116 mg Cholesterol

6 servings

**VARIATION:** Substitute scallops for haddock fillets.

### POOR MAN'S LOBSTER \*

2 pounds haddock fillets,  
fresh or thawed  
1½ cups water  
1 bay leaf

Instant onion  
Celery seed  
Garlic salt  
Low cholesterol margarine

Pour water into cooker. Place fillets on rack in cooker. Sprinkle with seasonings. Close cover securely. Place pressure regulator on vent pipe and COOK 2 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Serve with melted margarine.

*Nutrition Information Per Serving*

226 Calories, 3 g Fat, 143 mg Cholesterol

4 servings

### SEAFOOD TIMETABLE

| SEAFOOD                                | COOKING TIME<br>(FRESH OR THAWED) | COOKING TIME<br>(FROZEN) |
|--|-----------------------------------|--------------------------|
| <b>Crab Legs</b>                       | 2 minutes                         | 2 minutes                |
| <b>Fish Fillets</b><br>(1 inch thick)  | 2 minutes                         | 2 minutes                |
| <b>Lobster Tail</b><br>6 to 8 ounces   | 5 minutes                         | 10 to 12 minutes         |
| 12 to 14 ounces                        | 8 minutes                         | 12 to 13 minutes         |
| <b>Salmon Steaks</b><br>(½ inch thick) | 2 minutes                         | 2 minutes                |
| <b>Scallops</b><br>Small               | 1 minute                          | 1 minute                 |
| Medium                                 | 2 minutes                         | 2 minutes                |
| Large                                  | 2 minutes                         | 2 minutes                |
| <b>Shrimp</b><br>Small                 | 1 minute                          | 1 minute                 |
| Medium                                 | 2 minutes                         | 2 minutes                |
| Large                                  | 3 minutes                         | 3 minutes                |

Pour 2 cups water into cooker. Place seafood on rack in cooker. Do not fill cooker over ⅔ full. Close cover securely. Place pressure regulator on vent pipe and COOK according to chart with pressure regulator rocking slowly. Cool cooker at once.

## VEGETABLES

Today, fresh, frozen and dried vegetables have assumed new importance and prominence on the menu. Health-conscious cooks feature an abundance of vegetables on the family meal plan, while restaurants increasingly cater to a more "vegetable-conscious" clientele.

Pressure cooking is the preferred method for preparing vegetables. Because of the fast cooking time and super-heated steam, vegetables retain most of their natural color, texture, flavor and nutrients. And pressure cooking offers an additional health advantage, because so much more natural taste and mineral salts are retained, vegetables require much less salt and seasonings.

A garden variety of fresh or frozen vegetables can be cooked at the same time in the pressure cooker. By using the cooking rack to keep them out of the cooking liquid, each vegetable retains its own distinctive flavor and appearance. Just be sure that all vegetables cooked together require the same cooking time. It is important to accurately time the cooking period, because vegetables cook very quickly in the pressure cooker. If you wish to blend the vegetable flavors, place them in the cooking liquid and omit the rack.

*FOR FRESH AND FROZEN VEGETABLES,  
DO NOT FILL PRESSURE COOKER OVER ⅔ FULL!*

## MEAT TIMETABLE

Brown meat well and remove from cooker. Pour liquid into cooker. Place meat on rack in cooker.

*DO NOT FILL PRESSURE COOKER OVER  $\frac{2}{3}$  FULL!  
NO PORTION OF THE MEAT SHOULD EXTEND ABOVE THE  
 $\frac{2}{3}$  FULL MARK (SEE PAGE 11).*

| MEAT             |          | CUPS OF LIQUID | COOKING TIME (MINUTES) |
|------------------|----------|----------------|------------------------|
| <b>BEEF</b>      |          |                |                        |
| Chuck Roast      | 3 pounds | 2½             | 45                     |
| Corned Beef      | 3 pounds | 3              | 60                     |
| Rolled Rib Roast | 3 pounds | 2              | 30                     |
| Round Steak      | ¼" thick | 1½             | 4*                     |
| Round Steak      | ½" thick | 1½             | 10*                    |
| Short Ribs       |          | 2              | 25*                    |
| <b>HAM</b>       |          |                |                        |
| Slice            | 3 pounds | 2              | 30                     |
| Picnic           | 3 pounds | 2              | 30                     |
| <b>LAMB</b>      |          |                |                        |
| Chops            | ¼" thick | 1              | 2*                     |
| Chops            | ½" thick | 1½             | 5*                     |
| Leg of Lamb      | 3 pounds | 2½             | 35-45                  |
| <b>PORK</b>      |          |                |                        |
| Chops            | ¼" thick | 1              | 2*                     |
| Chops            | ½" thick | 1½             | 5*                     |
| Butt Roast       | 3 pounds | 3              | 55                     |
| Loin Roast       | 3 pounds | 3              | 60                     |
| Steak            | ¼" thick | 1              | 2*                     |
| Steak            | ½" thick | 1½             | 5*                     |
| <b>VEAL</b>      |          |                |                        |
| Chops            | ¼" thick | 1              | 2*                     |
| Chops            | ½" thick | 1½             | 5*                     |
| Roast            | 3 pounds | 2½             | 45                     |
| Steak            | 1" thick | 1½             | 10*                    |

A \* after the cooking time indicates that you should cool the cooker at once (see page 9).

## POULTRY

A host of great, light meals can evolve from chicken and other poultry when prepared in the pressure cooker. Be it a tender fillet with a delightful, light sauce or a savory casserole with a host of nutritious vegetables, you'll find the pressure cooker is perfect for preparing your favorites in a hurry.

Try the following recipes and enjoy tasty poultry in a variety of ways or prepare your own favorite poultry dishes. Before you begin, be sure to thoroughly clean the poultry and pat dry with paper towels. It's not necessary to brown poultry before pressure cooking, but you may do so if you like. Searing tends to seal in the natural juices, while cooking without browning lets the flavor of the various ingredients intermingle for some spectacular taste combinations. For crispier chicken, you may want to put the chicken under the broiler for a few minutes after pressure cooking.

*FOR POULTRY, DO NOT FILL PRESSURE COOKER  
OVER  $\frac{2}{3}$  FULL! NO PORTION OF THE POULTRY SHOULD  
EXTEND ABOVE THE  $\frac{2}{3}$  FULL MARK (SEE PAGE 11).*

### SAVORY CHICKEN BREASTS \*

- |  |  |
|--|--|
| 3 chicken breasts, cut in half and skinned | 1 carrot, chopped                        |
| 2 tablespoons vegetable oil                | 1½ cups strained tomatoes                |
| Salt and pepper                            | 1 cup water                              |
| Paprika                                    | .....                                    |
| 1 tablespoon minced onion                  | 1 4½-ounce can button mushrooms, drained |

Heat cooker, add oil and brown chicken. Add salt, pepper, paprika, onion, carrot, tomatoes and water. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Add mushrooms and heat uncovered.

*Nutrition Information Per Serving  
205 Calories, 8 g Fat, 73 mg Cholesterol*

*6 servings*

### CHICKEN BREASTS TARRAGON \*

- |  |                            |
|--|----------------------------|
| 3 chicken breasts, boned,<br>skinned and cut in half | 1/3 cup sliced onion       |
| 3 tablespoons vegetable oil                          | 1/3 cup white wine         |
| Salt, pepper and paprika                             | Worcestershire sauce       |
| 1 1/2 teaspoons tarragon                             | 3/4 cup white cooking wine |
| 1/3 cup sliced celery                                | .....                      |
| 1/3 cup sliced carrot                                | 1 tablespoon cornstarch    |
|  | 1/4 cup water              |

Heat cooker, add oil and brown chicken. Season with salt, pepper and paprika. Add remaining ingredients, except cornstarch and water. Close cover securely. Place pressure regulator on vent pipe and COOK 3 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Remove chicken and keep warm. Combine cornstarch and water. Stir into sauce. Heat, stirring constantly, until sauce thickens.

*Nutrition Information Per Serving*

239 Calories, 10 g Fat, 73 mg Cholesterol

6 servings

### CALIFORNIA CHICKEN \*

- |   |                            |
|---|----------------------------|
| 3 pound chicken, cut into<br>serving pieces and skinned | 1/2 cup white cooking wine |
| 2 tablespoons vegetable oil                             | 1/2 cup chicken broth      |
| Salt and pepper   | 1/2 cup water              |
| 1 teaspoon rosemary                                     | 1/4 cup chopped parsley    |
| 3 cloves garlic, peeled and sliced                      | 1/2 lemon, thinly sliced   |

Heat cooker, add oil and brown chicken. Season chicken with salt, pepper and rosemary. Place garlic on chicken. Combine remaining ingredients, except lemon, and pour over chicken. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Thicken sauce, if desired. Garnish with lemon slices.

*Nutrition Information Per Serving*

288 Calories, 14 g Fat, 104 mg Cholesterol

6 servings

### PORK LOIN ROAST ★

- |                            |                 |
|----------------------------|-----------------|
| 3 pound pork loin roast    | Salt and pepper |
| 1 tablespoon vegetable oil | 1 onion, sliced |
| 3 cups water               |                 |

Heat cooker, add oil and brown roast well on all sides. Remove roast from cooker. Pour water into cooker. Place roast on rack in cooker. Season with salt, pepper and sliced onion. Close cover securely. Place pressure regulator on vent pipe and COOK 60 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord.

*Nutrition Information Per Serving*

483 Calories, 27 g Fat, 171 mg Cholesterol

6 servings

### WIENER SCHNITZEL ★

- |  |                          |
|--|--------------------------|
| 2 pounds veal round, 1/2 inch<br>thick | 2 cups water             |
| 4 tablespoons flour                    | 1/2 lemon, thinly sliced |
| Salt and pepper                        | .....                    |
| 4 tablespoons vegetable oil            | 1 cup sour cream         |
| 1 teaspoon paprika                     | Parsley                  |
| 1 onion, sliced                        |                          |

Cut veal into serving pieces and dredge in flour seasoned with salt and pepper. Heat cooker, add oil. Sprinkle veal with paprika and brown. Add onions and sauté lightly. Remove veal and onions from cooker. Pour water into cooker. Place veal and onions on rack in cooker. Place lemon on veal. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Remove veal and rack. Stir in sour cream and heat, uncovered. Pour sauce over veal. Garnish with parsley.

*Nutrition Information Per Serving*

456 Calories, 30 g Fat, 141 mg Cholesterol

6 servings

### SPARERIBS AND SAUERKRAUT ★

- |   |                          |
|---|--------------------------|
| 2 pounds spareribs, cut into serving pieces | 1 quart sauerkraut       |
| 1 tablespoon vegetable oil                  | 1 tablespoon brown sugar |
| Salt and pepper                             | 1½ cups water            |

Heat cooker, add oil and brown ribs. Season with salt and pepper. Place sauerkraut over ribs and sprinkle with brown sugar. Add water. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES with pressure regulator rocking slowly. Cool cooker at once.

*Nutrition Information Per Serving*  
809 Calories, 59 g Fat, 219 mg Cholesterol

4 servings

### BRAN-STUFFED PORK CHOPS ★

- |   |                            |
|---|----------------------------|
| 2 tablespoons vegetable oil                             | ½ cup corn                 |
| 4 1-inch thick pork chops, with deep pocket cut in each | 1 cup bran flakes, crushed |
| Salt and pepper   | 2 tablespoons water        |
| 1 cup chopped onion                                     | ½ teaspoon dried sage      |
| ¾ cup chopped celery                                    | 1½ cups water              |

Heat cooker, add oil and brown pork chops. Season with salt and pepper, remove from cooker. Sauté onions and celery in cooker. Stir in corn, bran flakes, 2 tablespoons water and sage. Stuff pork chops with mixture. Pour 1½ cups water into cooker. Place pork chops on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 9 MINUTES with pressure regulator rocking slowly. Cool cooker at once.

*Nutrition Information Per Serving*  
415 Calories, 23 g Fat, 95 mg Cholesterol

4 servings

### CHICKEN AND DRESSING ★

- |   |                          |
|---|--------------------------|
| 2½ cups cooked chicken, cut into bite size pieces | ¼ cup chopped celery     |
| 1 10½-ounce can cream of chicken soup             | ¼ cup chopped onion      |
| 1½ cups seasoned bread stuffing                   | 2 chicken bouillon cubes |
|   | 2 cups hot water         |
|   | 1½ cups water            |

Place chicken in greased metal bowl which will fit loosely in the cooker. Cover with chicken soup. Combine stuffing, celery and onion; moisten with bouillon cubes dissolved in hot water. Spread over chicken soup. Cover bowl firmly with aluminum foil. Pour 1½ cups water into cooker. Place bowl on rack in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord.

*Nutrition Information Per Serving*  
317 Calories, 13 g Fat, 109 mg Cholesterol

6 servings

### HERBED CHICKEN ★

- |  |                             |
|--|-----------------------------|
| 3 pound chicken, cut into serving pieces and skinned | ½ cup chopped celery leaves |
| Salt and pepper                                      | 1 teaspoon dry oregano      |
| 2 tablespoons vegetable oil                          | 1 teaspoon dry basil        |
| 1 onion, chopped                                     | •••••                       |
| 1 tablespoon chopped garlic                          | 1 cup pitted black olives   |
| 1 cup chicken broth                                  | 2 tablespoons flour         |
| ½ cup water  | 2 tablespoons cold water    |
| 1 tablespoon chopped parsley                         |                             |

Season chicken with salt and pepper. Heat cooker, add oil and sauté onion and garlic; remove. Brown chicken. Add onion, garlic and remaining ingredients except black olives, flour and water. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Remove chicken to a warm dish. Add olives to liquid and heat. Mix flour with cold water; stir into hot broth. Cook and stir liquid until mixture boils and thickens. Pour sauce over chicken.

*Nutrition Information Per Serving*  
358 Calories, 22 g Fat, 104 mg Cholesterol

6 servings

### SWEET 'N SOUR CHICKEN ★

- |       |   |       |                               |
|-------|---|-------|-------------------------------|
| 3     | pound chicken, cut into serving pieces and skinned        | 1/2   | cup vinegar                   |
| 1     | tablespoon vegetable oil                                  | 2     | tablespoons soy sauce         |
| 1     | 20-ounce can pineapple chunks, drained and juice reserved | 1     | tablespoon catsup             |
| 1 1/2 | cups reserved pineapple juice (add water if necessary)    | 1/2   | teaspoon Worcestershire sauce |
| 1/2   | cup sliced celery   | 1/4   | teaspoon ground ginger        |
| 1     | green or red pepper, cut into chunks                      | ..... |                               |
| 1/4   | cup brown sugar   | 2     | tablespoons cornstarch        |
|       |   | 2     | tablespoons cold water        |

Heat cooker, add oil and brown chicken. Combine pineapple juice and remaining ingredients, except pineapple chunks, cornstarch and water; pour over chicken. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Remove chicken and vegetables to a warm platter. Mix cornstarch with cold water; stir into hot liquid. Cook and stir until mixture boils and thickens. Add pineapple chunks and heat. Pour sauce over chicken.

*Nutrition Information Per Serving*  
333 Calories, 11 g Fat, 104 mg Cholesterol

6 servings

### SOY CHICKEN ♥ \*

- |     |                                    |     |                          |
|-----|------------------------------------|-----|--------------------------|
| 2   | chicken breasts, skinned and boned | 1/2 | cup sliced celery        |
| 1/2 | cup sliced mushrooms               | 1/4 | cup low sodium soy sauce |
| 1/2 | onion, sliced                      | 1   | cup water                |
|     |                                    | 3   | tablespoons brown sugar  |

Place all ingredients in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 5 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord.

*Nutrition Information Per Serving*  
203 Calories, 3 g Fat, 73 mg Cholesterol

4 servings

### CHOP SUEY ★

- |   |                          |   |                                 |
|---|--------------------------|---|---------------------------------|
| 1 | pound round steak, diced | 2 | teaspoons bead molasses         |
| 1 | pound lean pork, diced   | 2 | cups diced celery               |
| 1 | tablespoon vegetable oil | 1 | 16-ounce can Chinese vegetables |
|   | Salt and pepper          | 1 | 16-ounce can bean sprouts       |
| 2 | large onions, diced      |   |                                 |
| 3 | tablespoons soy sauce    |   |                                 |

Heat cooker, add oil and brown meat. Season with salt and pepper. Add onions, soy sauce, bead molasses, celery and liquid drained from canned vegetables. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Stir vegetables and bean sprouts into cooker. Heat vegetables, uncovered, stirring occasionally. If desired, thicken with cornstarch and water. Serve with steamed rice, if desired. (See page 52.)

*Nutrition Information Per Serving*  
380 Calories, 17 g Fat, 110 mg Cholesterol

6 servings

### SPARERIBS WITH BARBECUE SAUCE ★

- |     |   |       |                               |
|-----|---|-------|-------------------------------|
| 3   | pounds spareribs, cut into serving pieces | 2     | tablespoons vinegar           |
|     | Salt and pepper                           | 1     | teaspoon Worcestershire sauce |
|     | Paprika                                   | 1/8   | teaspoon chili powder         |
| 1   | tablespoon vegetable oil                  | 1/4   | teaspoon celery seed          |
| 1   | large onion, sliced                       | 1 1/2 | cups water                    |
| 1/4 | cup catsup                                |       |                               |

Season ribs with salt, pepper and paprika. Heat cooker, add oil and brown ribs. Add onion. Combine catsup, vinegar, Worcestershire sauce, chili powder, celery seed and water. If desired, stir in 1/4 teaspoon liquid smoke. Pour over meat in cooker. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord.

*Nutrition Information Per Serving*  
759 Calories, 57 g Fat, 219 mg Cholesterol

6 servings



### BEEF STEW ★

- |                                     |                    |
|-------------------------------------|--------------------|
| 1 tablespoon vegetable oil          | 1 cup green beans  |
| 1 pound beef, cut into 1 inch cubes | 4 small carrots    |
| 1 large onion, sliced               | 1 cup tomatoes     |
| Salt and pepper                     | .....              |
| 1 cup water                         | 1 tablespoon flour |
| 4 small potatoes                    | 1/4 cup cold water |

Heat cooker, add oil and brown meat. Add onion, salt, pepper and water. Place small potatoes, green beans, carrots and tomatoes over meat. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Make a paste of the flour and 1/4 cup water and stir into stew to thicken. For crisper vegetables, cook the beef, onion, salt and pepper 5 minutes. Cool cooker at once. Then add the vegetables and cook 3 minutes with pressure regulator rocking slowly. Cool cooker at once.

*Nutrition Information Per Serving*  
532 Calories, 28 g Fat, 83 mg Cholesterol

4 servings

### SPAGHETTI MEAT SAUCE \*

- |                            |                            |
|----------------------------|----------------------------|
| 1 pound ground beef        | 1 teaspoon parsley flakes  |
| 1 large onion, chopped     | 1/2 teaspoon oregano       |
| 1 clove garlic, minced     | 1/2 teaspoon sweet basil   |
| 1/2 cup chopped celery     | 1/4 teaspoon thyme         |
| 1 green pepper, diced      | 2 teaspoons sugar          |
| 2 teaspoons salt           | 3 drops Tabasco sauce      |
| 1 cup water                | .....                      |
| 1 8-ounce can tomato sauce | 1 6-ounce can tomato paste |
| 1/4 teaspoon red pepper    |                            |

Heat cooker and brown beef. Stir in remaining ingredients, except tomato paste. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Stir in tomato paste and simmer, uncovered to desired thickness. Serve sauce over long spaghetti. Sprinkle with Parmesan cheese, if desired.

*Nutrition Information Per Serving*  
208 Calories, 11 g Fat, 49 mg Cholesterol

6 servings

### CHICKEN CACCIATORE ★

- |  |   |
|--|---|
| 3 pound chicken, cut into serving pieces and skinned         | 1/2 cup chopped carrots                 |
| 1 teaspoon salt  | 1/2 cup chopped celery                  |
| 1/8 teaspoon pepper  | 1 1-pound can Italian tomatoes, chopped |
| 2 tablespoons vegetable oil                                  | Salt and pepper                         |
| 1 1/2 cups sliced onions                                     | 1/2 cup white wine                      |
| 2 cloves garlic, minced                                      | .....                                   |
| 2 tablespoons minced parsley                                 | 1 6-ounce can tomato paste              |
| 1/2 teaspoon chopped fresh oregano or 1 teaspoon dry oregano |   |

Season chicken with salt and pepper. Heat cooker, add oil. Brown chicken a few pieces at a time. Sprinkle garlic, parsley, and oregano on chicken. Add onions, carrots, celery, tomatoes, salt, pepper and white wine. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES with pressure regulator rocking slowly. Cool cooker at once. Place chicken on warm platter. Stir tomato paste into sauce in cooker. Simmer until thickened. Pour over chicken.

*Nutrition Information Per Serving*  
338 Calories, 14 g Fat, 104 mg Cholesterol

6 servings

### CORNISH HEN PIMIENTO \*

- |                               |                                  |
|-------------------------------|----------------------------------|
| 2 Cornish hens                | 2 bay leaves                     |
| 2 tablespoons vegetable oil   | 2 ribs celery, chopped           |
| Salt and pepper               | 2 teaspoons Worcestershire sauce |
| 16 canned pimientos, strained | 1 1/2 cups water                 |
| 2 onions, chopped             |                                  |
| 4 cloves garlic, chopped      |                                  |

Heat cooker, add oil and brown Cornish hens. Season with salt and pepper. Combine remaining ingredients and pour over hens. Close cover securely. Place pressure regulator on vent pipe and COOK 8 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. If desired, crisp Cornish hens under broiler.

*Nutrition Information Per Serving*  
250 Calories, 14 g Fat, 90 mg Cholesterol

4 servings

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# MEATS

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When it comes to creating juicy, tender, flavorful meat dishes, the pressure cooker has no equal. Even budget cuts of meat that usually require slow, moist-heat cooking will turn out succulent and savory—in very little time in the pressure cooker.

The most important step when preparing meat in the pressure cooker is to sear meat to a crispy brown on all sides to seal in natural juices. The following recipes were written for fresh or completely thawed meats. To cook frozen meats, thaw one half hour or more so that the surface of the meat will sear crispy brown. Then increase the cooking times given in the recipes. Frozen beef, veal and lamb should be cooked 25 minutes per pound. Frozen pork should be cooked 30 minutes per pound.

Cooking time will vary depending on the size and thickness of the cut, the distribution of fat and bone, the grade and cut of the meat and the degree of doneness desired.

After cooking, if gravy is desired, stir 1 to 2 tablespoons of flour or cornstarch into  $\frac{1}{4}$  cup cold water. Heat cooking liquid in pressure cooker and slowly pour in flour mixture stirring to blend. Heat to boiling, stirring constantly for 1 minute or until thickened. Season with salt and pepper.

**FOR MEAT, DO NOT FILL PRESSURE COOKER  
OVER  $\frac{2}{3}$  FULL! NO PORTION OF THE MEAT SHOULD  
EXTEND ABOVE THE  $\frac{2}{3}$  FULL MARK (SEE PAGE 11).**

---

## BEEF POT ROAST ★

|                            |                 |
|----------------------------|-----------------|
| 3 pounds beef pot roast    | Salt and pepper |
| 1 tablespoon vegetable oil | 1 onion, minced |
| $2\frac{1}{2}$ cups water  | 1 bay leaf      |

Heat cooker, add oil and brown roast well on all sides; remove roast. Pour water into cooker. Place roast on rack in cooker. Season roast with salt, pepper, onions, and bay leaf. Close cover securely. Place pressure regulator on vent pipe and COOK 45 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Thicken gravy, if desired.

*Nutrition Information Per Serving*

444 Calories, 20 g Fat, 183 mg Cholesterol

6 servings

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## PORCUPINE MEATBALLS \*

|                                       |                           |
|---------------------------------------|---------------------------|
| $1\frac{1}{2}$ pounds ground beef     | 1 tablespoon minced onion |
| $\frac{1}{2}$ cup uncooked white rice | 1 cup tomato juice        |
| 1 teaspoon salt                       | $\frac{3}{4}$ cup water   |
| $\frac{1}{2}$ teaspoon pepper         |                           |

Combine meat, rice, salt, pepper and onion. Shape into small meatballs. Heat tomato juice and water in cooker. Drop meatballs in juice mixture. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord.

*Nutrition Information Per Serving*

296 Calories, 16 g Fat, 74 mg Cholesterol

6 servings

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## SWISS STEAK ★

|                                    |                         |
|------------------------------------|-------------------------|
| 2 pounds round steak, 1 inch thick | 1 cup celery, diced     |
| Salt and pepper                    | 1 green pepper, diced   |
| 2 tablespoons vegetable oil        | 1 cup tomato juice      |
| 1 onion, diced                     | $\frac{1}{2}$ cup water |

Cut meat into serving pieces. Season with salt and pepper. Heat cooker, add oil and brown meat. Add remaining ingredients. Close cover securely. Place pressure regulator on vent pipe and COOK 15 MINUTES with pressure regulator rocking slowly. Let pressure drop of its own accord. Thicken sauce, if desired.

*Nutrition Information Per Serving*

469 Calories, 23 g Fat, 154 mg Cholesterol

4 servings